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COTTAGE  
PHYSICIAN

INTRODUCTION  
BY  
G.W. POST, M.D.



The  
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About June 1900, a number of students from L.S.U., including myself, went to Montana by rail & at the expense of "King Richardson Co", in order to get books for that concern. Upon arriving at Helena, we scattered, but soon after W.E. Dickson, Tom L. McElroy & I joined fortunes & made Missoula our headquarters. This book is the sample I used. The recommends in the back, where not shown in original, were copies from the originals <sup>in the possession</sup> of the other boys.

Hanya Dutton  
Los Altos  
April 4/26 Calif

THE  
**Cottage Physician**  
FOR INDIVIDUAL AND FAMILY USE.

---

PREVENTION, SYMPTOMS AND TREATMENT.

BEST KNOWN METHODS

IN ALL

Diseases, Accidents and Emergencies of the Home,

PREPARED BY

The Best Physicians and Surgeons of Modern Practice.

**ALLOPATHY, + HOMŒOPATHY,**

ETC., ETC.

---

WITH INTRODUCTION BY

GEORGE W. POST, A.M., M.D.,

Adjunct

Professor of the Practice of Medicine

IN THE

COLLEGE OF PHYSICIANS AND SURGEONS, CHICAGO.

---

Complete Hand Book of Medical Knowledge for the Home.

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NEARLY 200 ILLUSTRATIONS.

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1898.

**King-Richardson Publishing Co.,**

Springfield, Mass.

RICHMOND. DES MOINES. INDIANAPOLIS. SAN JOSÉ. DALLAS.



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## P R E F A C E.

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**T**HE contents of "The Cottage Physician" have been prepared and arranged to meet the many needs of the home.

In view of the fact that the science and practice of medicine have made such wonderful advancement during the past few years, no one physician is any longer equally well versed in all departments of the profession. The highly successful physician of to-day really excels in some special branch of his profession.

We have therefore studiously avoided the doctor who had ample time to prepare a whole book, seeking only specialists in the various phases of medical and surgical practice.

Over twenty physicians, surgeons, and pharmacists have been consulted and employed in the preparation of this work, endeavoring to embody only the very best and most approved remedies and methods of treatment known to advanced practitioners.

The object of "The Cottage Physician" is fourfold : 1, to prevent sickness ; 2, to promote health ; 3, to diminish human suffering ; 4, to lessen the expense of maintaining the blessing of health in the home.

Every individual has a right to know all about himself, which is now made possible through the wonderful advancement and recent discoveries in medical science.

Of all departments of knowledge, none is of greater importance than that which relates to the preservation of human life and the alleviation of pain and suffering.

It is admitted by all, that preventive medicine is far better than curative medicine.

Technical names and medical phrases have been studiously avoided or carefully interpreted, and the entire work stripped of that cloud of mystery which characterizes other books of similar nature.

This volume will be found so broad in its scope of information, so simple in language, so clear in expression, and so comprehensive that even those of very limited knowledge will find it a never-failing guide in promoting health, curing disease, and in the emergencies of the home.

This book is not intended to detract from the dignity of the profession nor to take the physician's place, but, if properly used, it will render his work more successful, hence his visits less frequent, and health more abundant.

THE PUBLISHERS.

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# INTRODUCTION

BY

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Surgeons, Chicago. Member of Chicago Medical Society, etc.*

---

EVERY intelligent human being should study medicine. There is need of wisdom, accuracy, and judgment in the care of our bodies. The knowledge of medicine should be as universal as the need of it. No one can be considered well educated who does not understand the make-up of his own body and the care and requirements necessary to keep it in a state of health.

The average man knows too little about himself, and no one knows too much, but the facts which have been demonstrated, and which are beneficial to mankind, should be a part of the common knowledge. This is true philanthropy. To cure a person of disease is a good thing, but to teach him how to keep well is a better one.

The ignorance or indifference in respect to these things which prevails among enlightened and thinking people is almost incredibile. All classes of men, lawyers, farmers, and business men, clergymen, teachers, and men prominent in national affairs, show the greatest eagerness and enthusiasm in mastering any detail of their respective callings which may be to their advantage. Yet, too often these same men manifest no anxiety whatever as to their own physical well-being. Men submit themselves, complacently, to fatigue, exposure, and excesses, which ruin the body, and frequently mind and soul as well.

A part of this is due to carelessness, but the greater part can safely be laid at the door of ignorance. Men do not know the right rules of living. They do not know the certain and sure penalties which follow the breaking of these rules. There is, at the present day, more need of teachers for the people than for the educating of physicians. The world does not need more physicians. On the contrary the demand of the times is for fewer physicians, and better ones, and it always will be so. But the highest and best achievement of the medical profession is to prevent disease, and this can be accomplished in no better way than by teaching the people how to live.

So, too, a book which shall teach the principles of right living in a clear, scientific, and God-fearing way is a boon to humanity. Such a book The Cottage Physician aims to be.

But the world is awaking to a realizing sense of its own lack. It is looking for sources of relief. Everything published regarding medicine, from madstones to antitoxines, and from quack advertisements to magic germ destroyers, is swallowed with avidity, until the popular medical lore

has become a miscellaneous compound of tradition, superstition, and disjointed scientific truths.

Not that the people lack intelligence or judgment, but their sources of information are unreliable. So, then, the people's text-book of medicine should be clear, concise, and accurate. It should state facts and not theories. It should deal with practical truths simply worded.

Not every one who studies medicine should practice it. The manipulation of complex machinery and delicate tools requires the skilled workman. What, then, shall be the proper field for the medical knowledge of the masses? On what lines shall the learner of the future be instructed?

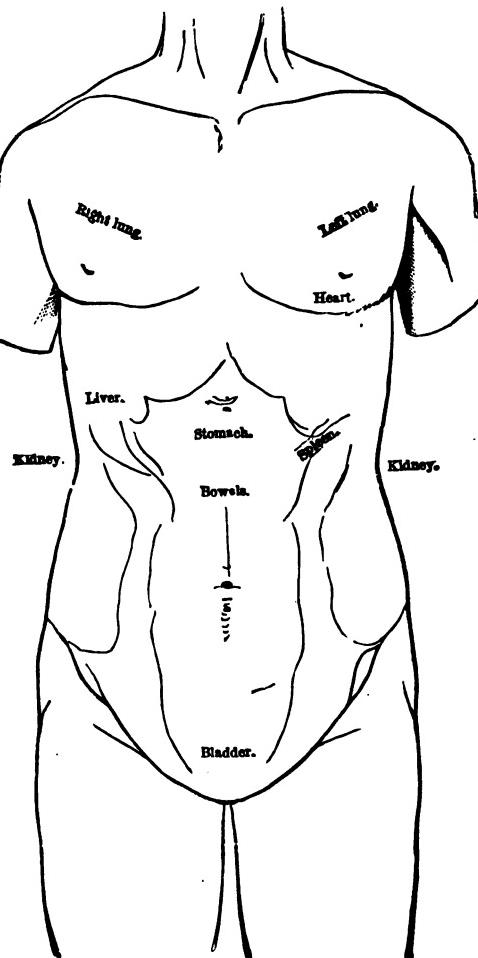
In the first place, he will have a practical understanding of the mechanism and workings of the different parts of his physique. He will understand thoroughly the details of hygiene as to clothing, exercise, rest, food, drink, and the like. He will know how best to prevent disease, and how to prevent the spread of contagious maladies by isolation, disinfection, and inoculation. He will be taught to act with discretion in emergencies, to control bleeding in the wounded, to use artificial respiration in the drowning, to apply a temporary splint to a broken bone. He will know what remedies to use in the treatment of slight ailments, little matters, for which a physician would not be consulted, but which, if neglected, may lead to grave disorders. In short, he will know how to preserve the human body in the condition of the highest health and activity to a hale old age.

To the inexperienced nurse, this book will prove especially helpful. It is a common occurrence for the untried mother, wife, or daughter to be called upon to care for a loved one who is suffering from a severe or dangerous disease. Unnerved by anxiety, distrustful of her own capability, and fearful as to the future, she seeks earnestly for every particle of information which may benefit the patient. The physician in attendance has no time to train her in all the minutiae of nursing. She turns, naturally, to her friends for advice, and they, moved by sympathy or officiousness, suggest methods and means according to their knowledge or experience. This advice, coming from so many sources, is so varied and conflicting, that the novice is bewildered; and oftentimes she employs measures, with the best of intentions, which result disastrously to the sufferer. In such a time of uncertainty, it will be of the greatest value to have at hand, such a simple, reliable statement of the cause and course of the disease, of its dangers and complications, of the treatment to be used, and the treatment to be avoided. Terror will thus be replaced by confidence, perplexity by certainty, and many lives will be saved.

The plan of placing in the same volume an outline of the three recognized schools of medicine is a good one. It enables the unbiased reader to get a just idea of each, without heat or prejudice, and to choose that one which appeals most strongly to his reason and judgment. To the young man or woman who contemplates entering the medical profession, it affords a source of information from which a choice of schools can be made.

The broader the scope of human knowledge, the greater should be the sum of human happiness, and this is certainly true of medicine. Knowledge brings health, and health is the handmaid of happiness. Let the researches of science and the education of the masses go on, hand in hand, until the time shall come when disease shall have vanished from the earth, and death shall result only as a welcome and peaceful termination to a life whose sum of usefulness is complete.

## EXTERNAL LOCATION OF THE ORGANS.

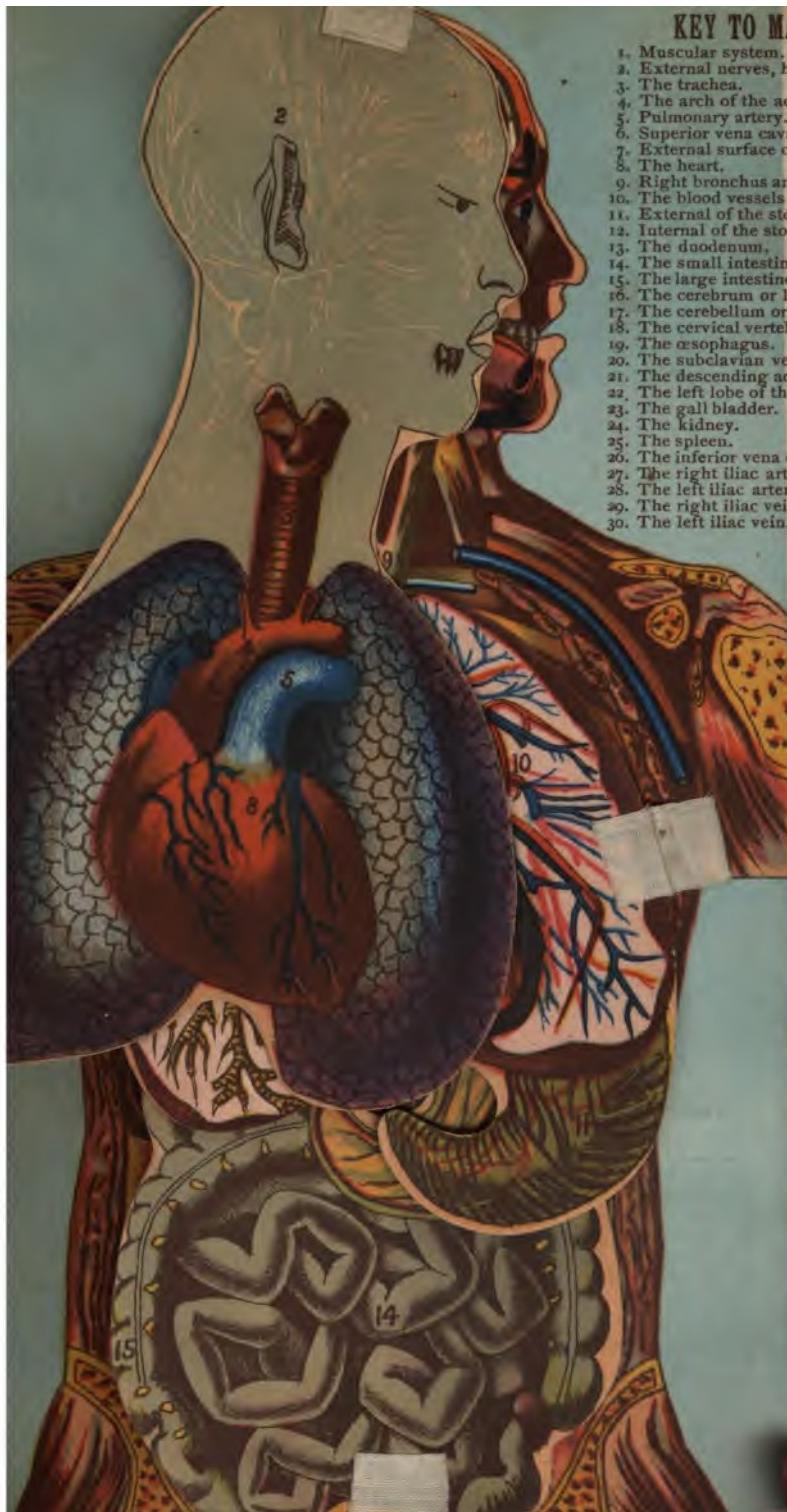


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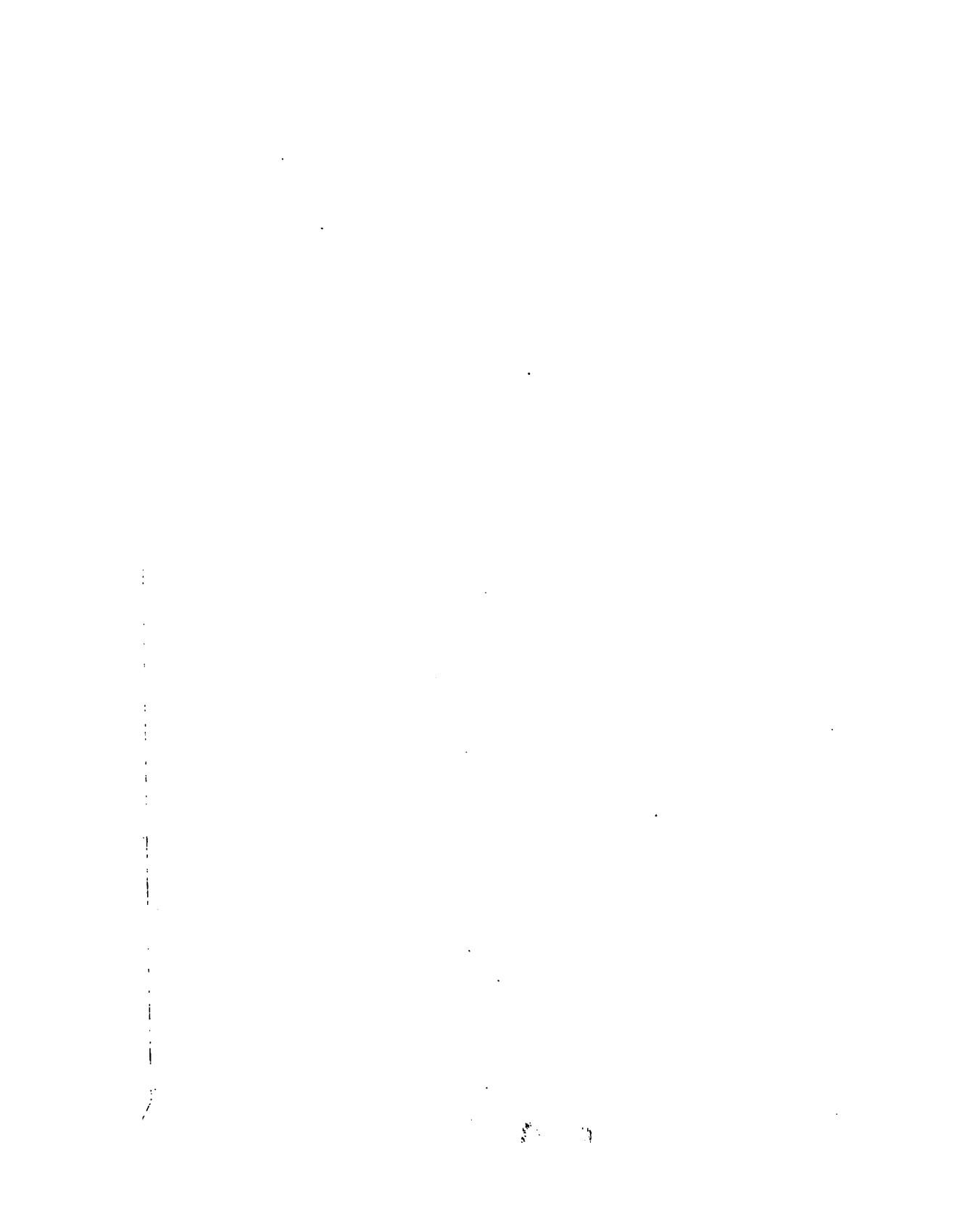
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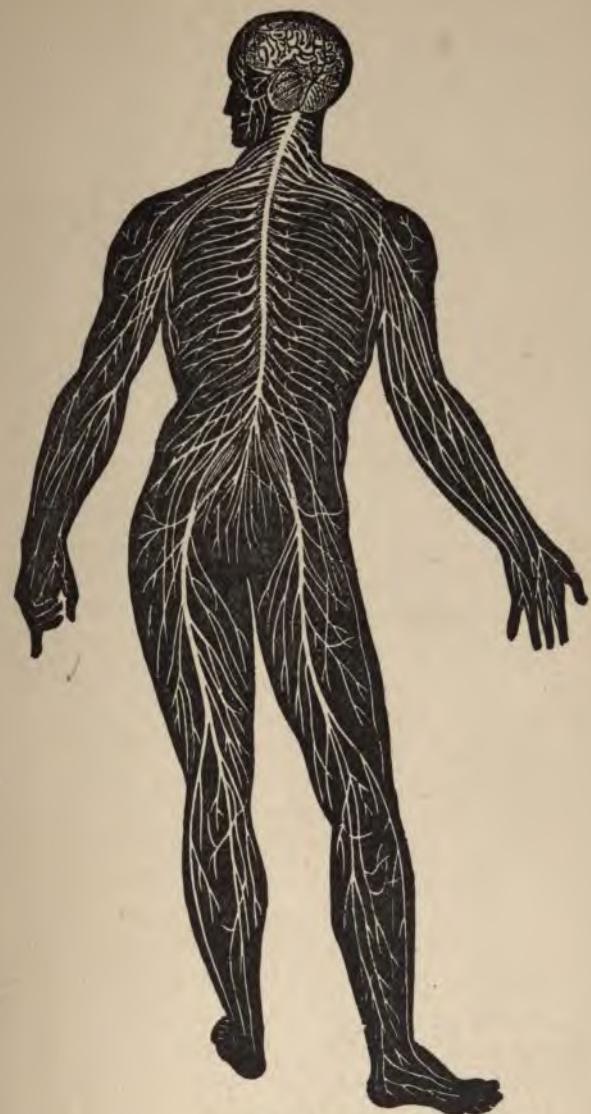
1. Muscular system.
2. External nerves, head & face.
3. The trachea.
4. The arch of the aorta.
5. Pulmonary artery.
6. Superior vena cava.
7. External surface of the lungs.
8. The heart.
9. Right bronchus and branches.
10. The blood vessels of the lungs.
11. External of the stomach.
12. Internal of the stomach.
13. The duodenum.
14. The small intestines.
15. The large intestines or colon.
16. The cerebrum or large vein.
17. The cerebellum or little brain.
18. The cervical vertebrae.
19. The oesophagus.
20. The subclavian vein.
21. The descending aorta.
22. The left lobe of the liver.
23. The gall bladder.
24. The kidney.
25. The spleen.
26. The inferior vena cava.
27. The right iliac artery.
28. The left iliac artery.
29. The right iliac vein.
30. The left iliac vein.



KING'S ANATOMICAL CHART.

PAPER MANIKIN  
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COPYRIGHT. BY W. C. KING, SPRINGFIELD, MASS.





THE NERVES.

# Physiology for the Home.

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ILLUSTRATED.

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**The Head.**—The head consists of the skull or cranium, and the face—the former contains the brain. The skull is composed of eight bones, connected together by sutures, having tooth-like serrated margins, which fit into or overlap each other. The whole structure is marvelous for its strength and lightness. Between the interior and exterior wall of the frontal or forehead bone are what are called the frontal sinuses, two hollow chambers, which cause those bulgings at the upper edges of the orbits, and which shelter and protect the eyes in the hollow beneath. Behind each ear there is also a bony prominence called the mastoid, to which powerful muscles are attached, especially the sterno mastoid, which is distinctly seen in the neck, and whose lower ends have their origin at the top of the sternum or breast bones. These prominences are intended to guard the entrance to the internal ear, which is placed wholly within the hollow of the temporal bones. At the center of the base of the skull is a round hole of considerable size, the foramen magnum, through which the spinal cord passes from the brain. On either side of this opening are two smooth prominences, called condyles; these rest upon the tops of the uppermost vertebræ, and allow of a nodding motion to the head.

**The Brain.**—The human brain, the average weight of which is forty-nine ounces in the male, and forty-four or forty-five ounces in the female, is divided into three distinct parts, called the cerebrum, cerebellum, and medulla oblongata. Of the membranes inclosing that soft, pulpy mass, two have been called *mater* (mother), from the old notion that they gave rise to all the other membranes of the body; these are the *pia mater* and *dura mater*—the former is a very delicate tissue, containing many minute blood vessels, which are, in fact, the nutrient arteries of the brain, before entering which they divide and subdivide upon the external surface to an extreme degree of minuteness, so as to prevent the blood from entering the tender cerebral substance in too forcible a manner. The *dura mater* is a much coarser and stronger membrane, which lines the inner portion of the skull, and forms an external cover for the brain and its appendages. It gives off several elongations, which are called processes, and which descend between certain portions of the brain; the most remarkable, on account of its size, extends vertically in the longitudinal fissure between the hemispheres of the brain, and on account of its shape and resemblance to a sickle is called *falx cerebri*.

Under the microscope, the cerebral substance is found to be composed of pulp containing both fibers and cells; the outer portion is termed the gray substance, on account of its color; it is also termed the cortical portion, from *cortex*—bark—because it forms the first coat of the mass. It consists of fine cellular membrane, sustaining a complete network of small blood vessels. Larger in quantity, and firmer in consistence, is the inner substance, termed the white or medullary portion; it consists of minute fibers, woven together like plaited straw. In man the brain is much larger than in the inferior animals; that of an ox scarcely weighs a pound. It is upon the surface of the human brain chiefly that those great inequalities exist—those “developments” upon which phrenol-

FIG. 4.



SPINAL CORD.

ogists build their theories. Such inequalities are not found upon the brain of the hare or rabbit, nor upon the brains of rodent animals. These inequalities are neither so bold nor so deep in

FIG. 5.



VERTICAL SECTION OF THE BRAIN.

*a, b, c, the cerebrum; d, the cerebellum or little brain; e, f, spinal marrow; g, pons varolii; h, cranial bones; k, optio thalamus; m, frontal sinus; p, hard palate; q, the larynx; z, mouth of Eustachian tube.*

goose it bears a very much smaller proportion to the bulk of the body.

The Nose contains the organ of smell in vertebrate animals; and in the three highest classes is connected with the respiratory function. In man, the nose, anatomically considered, consists of two large cavities called nostrils, a right and left, formed by the bones of the face, and separated from each other by a perpendicular flat partition called the *septum*.

Each nostril is divided by the turbinated bone into the superior, middle, and inferior chambers. The upper wall of the nose is pierced by numerous foramina, through which enter the filaments of the olfactory, or nerve of smell.

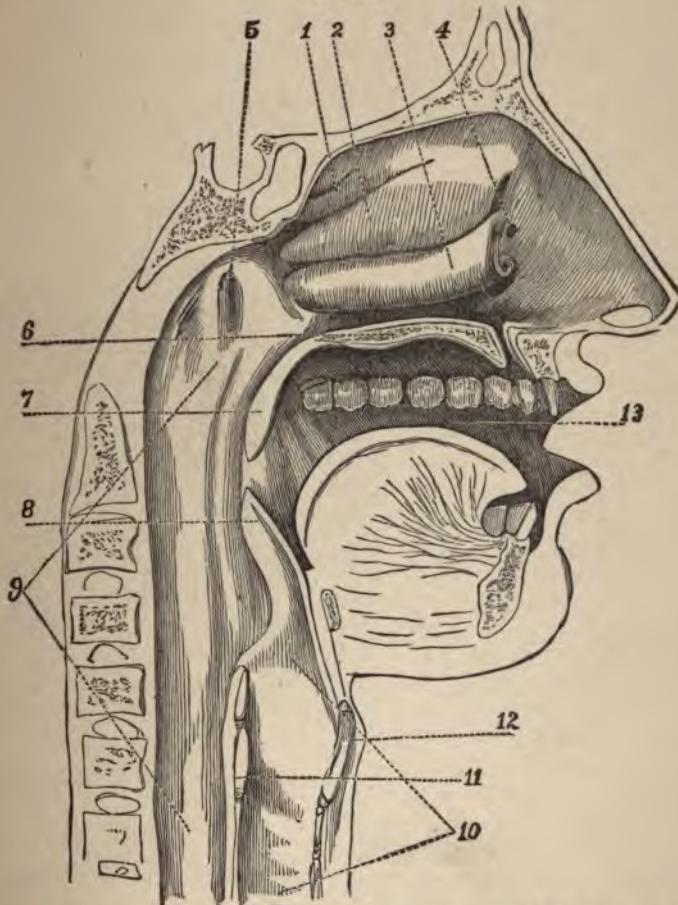
Besides smell, the nose has ordinary sensation, like other parts of the face, depending on filaments of the trifacial, or fifth pair of cerebral nerves. The external prominent part of the nose, which gives character to the features, is composed of several cartilages connected to the bones and to each other by strong fibrous tissue, sufficiently firm to preserve the shape of the organ, and so elastic and flexible as to permit the expansion

the ox as in the horse, nor so well marked in the horse as in the dog, seeming to increase or diminish very much with the ratio of intelligence, as does also the bulk of the brain. In fishes the brain is very small, and in the invertebrate animals it diminishes to mere nervous ganglia. It is curious to observe that while in the robin, among birds, the brain approaches to the proportionate size of that of the human being, in the

**The Throat** is generally understood to mean that part of the human frame in which is situated the hollow cavity which may be looked into when the mouth is wide open.

The Trachea is the cartilaginous and membranous canal

FIG. 22.



VERTICAL SECTION OF THE HEAD, SHOWING THE RELATION OF AIR AND FOOD PASSAGES.

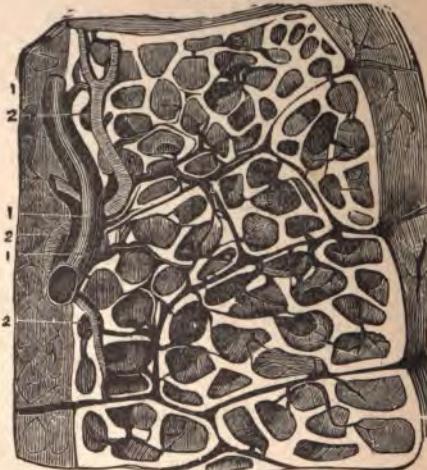
1, upper turbinated bone; 2, middle turbinated bone; 3, lower turbinated bone; 4, hole leading to the canal which drains the eye; 5, Eustachian hole; 6, palate; 7, uvula; 8, epiglottis; 9, pharynx; 10, larynx; 11, cricoid cartilage; 12, thyroid cartilage; 13, cavity of the mouth.

and elasticity, contract and force out the air, and this alternate expansion and contraction constitutes breathing, in the act of which we may see the chest rise and fall. The tubes, air cells, and blood vessels of the lungs are held together by what is called cellular tissue. The lungs are enveloped in a membrane which covers their surface, and also the surface of the chest walls, for which latter purpose it is reflected back. This membrane is called the *pleura*.

The action of the lungs may be increased by an exercise of the will. From fifteen to twenty-two is the average number of respirations in a minute, under ordinary circumstances; but this number may be very greatly increased by excitement, exercise, or disease.

The average weight of the lungs in a healthy condition is about forty ounces. They are of a conical shape, and internally concave to give a place for the heart, and externally convex to suit the concavity of the chest. In their narrow part upward they extend a little above the first rib, their broad and slightly concave bases resting upon the diaphragm, and extending further down behind than before. Their color is dark slate, mottled with black. They hang free in the chest, except where they are attached to the roots, consisting of the pulmonary arteries, veins, the bronchial tubes and other tissue. The areola or cellular tissue which connects together the arteries, veins, and air-cells, together with the lobulus, or *parenchyma*, of the lungs, constitutes the second distinct tissue of which they are composed,—the first, or outer, being the pleura, and the third, or inner, the mucous

FIG. 32.



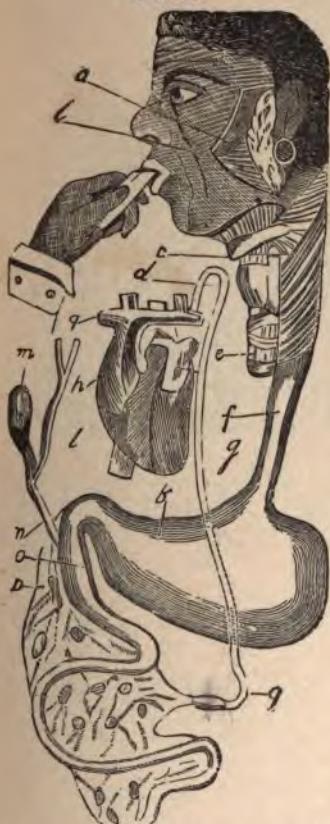
MAGNIFIED VIEW OF A SECTION OF THE LUNG.

Showing the arrangement of some of the lobules, the communication of the air-cells in one lobule, and their separation from those of the adjoining lobule. The ramifications of the blood-vessels in the texture of the lung, and their course through the air-cells are also seen. 1, 1, branches of the pulmonary veins; 2, 2, branches of the pulmonary artery.

both. The last is a smooth, soft, rather thick and pulpy membrane, loosely connected with the muscular coat, and covered with glands. At the pyloric orifice, leading from the stomach into the duodenum, there is a sphincter muscle which contracts the aperture and prevents the passage of any matter into the intestines until properly digested.

The food is propelled along the oesophagus, and enters the stomach in successive waves through its cardiac orifice. It is then subjected to a peculiar churning motion, having for its object a thorough intermixture of the gastric fluid with the alimentary mass, and a separation of that portion which has been sufficiently reduced from the remainder. This motion causes not only a constant agitation of the contents, but also moves them slowly along from one extremity to the other. These revolutions are completed in from one to three minutes, being slower at first than after chymification has more advanced. The passage of the chyme or product of the gastric digestion through the pyloric orifice into the commencement of the intestinal tube is at first slow; but when the digestive process is nearly completed, it is transmitted in much larger quantities.

FIG. 59.

DIAGRAM OF THE PRINCIPAL ORGANS  
ENGAGED IN THE PREPARATION  
OF FOOD.

a, muscles of the cheek; b, parotid gland; c, muscles of the gullet; d, larynx; e, trachea; f, gullet; g, left ventricle of the heart; h, right auricle of the heart; i, left auricle; k, stomach; l, pancreatic duct; m, gall-bladder; n, common duct; o, duodenum; p, mesenteric glands; q, thoracic duct.

color. Its form is irregular, being convex on the upper surface, irregularly concave below, very thick behind, and very thin in

**The Liver.**—The liver is a secreting organ or gland. It is situated in the right hypochondriac and epigastric regions below the diaphragm, and is of a reddish-brown

the skin which is elevated when what are called blisters are formed. When examined with the microscope, it is found to consist of minute flat cells, which have been formed below, and are gradually thrust upwards. Below this, but for the most part continuous with it, is another series of layers of cells (*c c*),

FIG. 89.

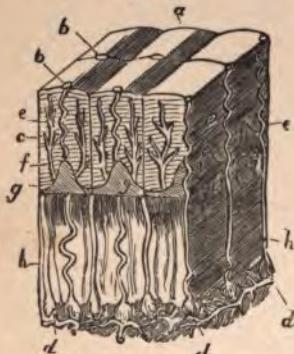


DIAGRAM OF THE STRUCTURE OF THE SKIN.

*a*, Epidermis; *b b*, Pores; *c c*, Layers of epidermis and rete mucosum; *f*, Inhalent vessels; *g g*, Papillæ of the skin; *h h*, Corium or true skin; *d d d*, Bulbs of sudoriferous glands opening in the glands *b b*.

FIG. 90.



PORES AND PAPILLÆ OF THE SKIN.

On the left is a Magnified View of the Ridges of the Cuticle, as seen in the Palm of the Hand, with the Openings of the Pores in their Furrows. On the right, the Cuticle has been removed, leaving corresponding rows of Papillæ.

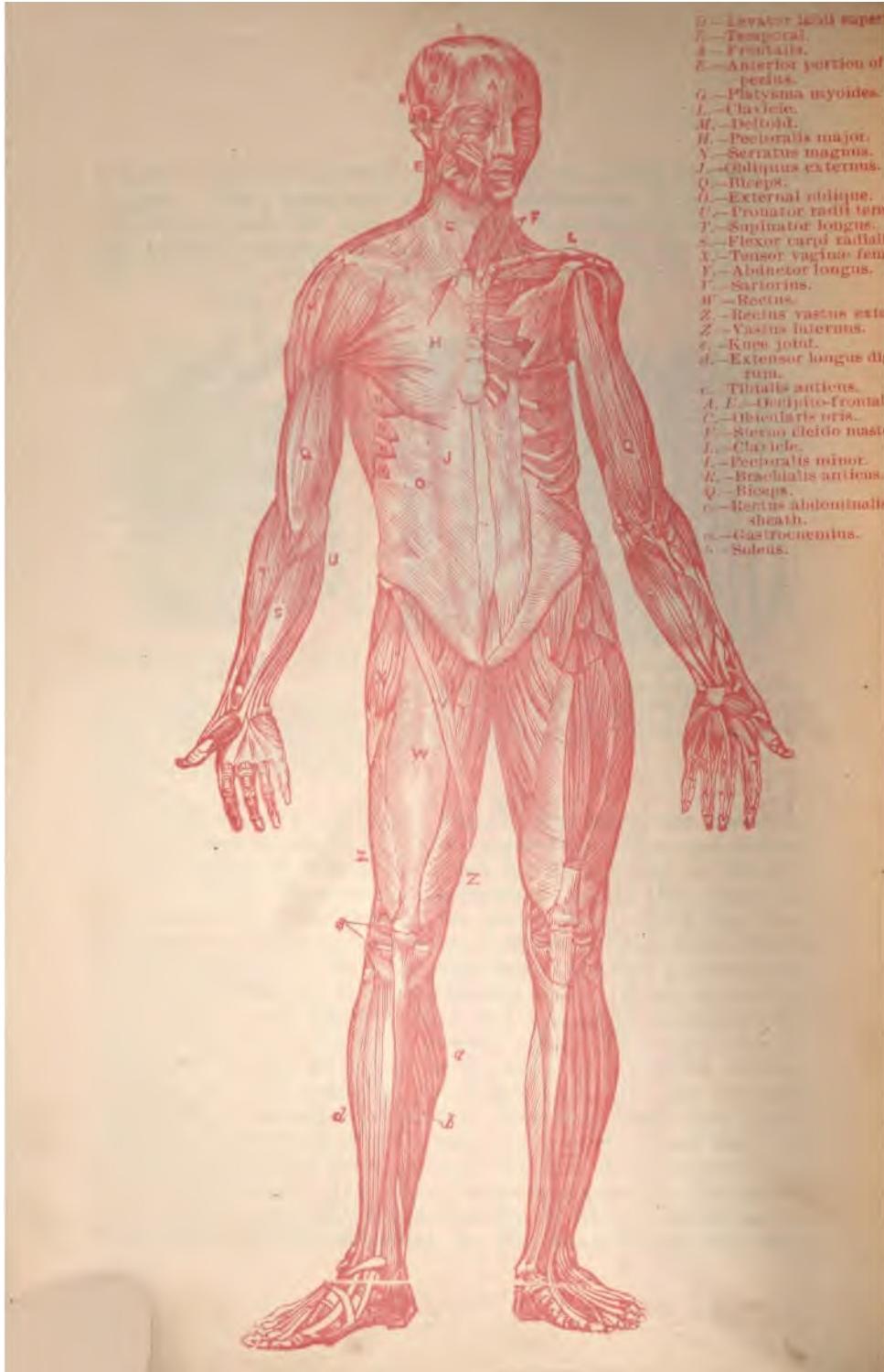
and which were called, at one time, by the name *rete mucosum*, as it was supposed to be a separate membrane. The real nature of these layers of cells is, that they are all secreted on the surface of a tough fibro-vascular membrane, called the *corium* or true skin (*h h*). The cells of the lower layer, called the *rete mucosum*, are softer and much less compressed than those which form the epidermis. It is amongst these cells that a certain set are found which are termed pigment cells. When separated they have a very distinct form, and are easily distinguished from all the other cells by their dark color. This dark color is dependent on the presence, in the cells, of a number of flat, rounded, or oval granules, not more than the one twenty-thousandth of an inch in diameter. Now it is found that these cells are always present in the skin of the dark-colored races of mankind, and also in those parts of the skin of fair races which are of a dark color. It is, then, to the presence or absence of these cells that the skin is indebted for its white or black color. Where they are very abundant, the skin has a black color; and



A.—Posterior portion of occipito-frontalis.  
 B, C.—Trapezius.  
 D.—Deltoid.  
 E.—Infraspinatus.  
 F.—Latissimus dorsi.  
 G.—Triceps.  
 H.—Anconeus.  
 I.—Extensor carpi radialis longior.  
 J, K, L, M, N, O, P, Q, R, S.—Extensors of the fingers.  
 R.—Gluteus maximus.  
 S.—Vasinus externus.  
 T.—Vasinus internus.  
 U.—Gastronemius.  
 V.—Tibialis posterior.  
 W.—Peroneus brevis.  
 X.—Flexor digitorum.  
 Y.—Tibialis Achilles.

H.—Obliquus capitis coll.

I.—Levator anguli scapulae.  
 K.—Rhomboides major.  
 R.—Suturæ of scapula.  
 L.—Rhomboides minor.  
 S.—Infraspinatus.  
 T.—Teres major.  
 M.—Serratus magnus.  
 Q.—Triceps.  
 O.—Longissimus dorsi.  
 f.—Gluteus medius.  
 h.—Obturator internus.  
 z.—Pyriformis.  
 e.—Gemellus inferior.  
 b.—Quadrator femoris.  
 c.—Biceps.  
 d.—Platysma.  
 r.—Popliteus.  
 n.—Tibialis anterior.  
 g.—Flexor digitorum.  
 m.—Tibialis Achilles.



in proportion to their diminution are the various shades called red, yellow, brown, brunette, which are observed amongst the various races of mankind. The skin is provided with two distinct sets of glands. One is destined to free the blood of a large quantity of fluid, and are named the perspiratory or sweat

FIG. 91.



A SWEAT GLAND.

A vertical section of the sole of the foot—*a*, the Cuticle or Scarf Skin, the deeper layers of which, dark in color, being called the *rete mucosum*; *b*, the Papillæ; *c*, the Cutis or True Skin; and *d* is the Sweat Gland in a cavity of oily globules.

FIG. 92.

VERTICAL SECTION OF THE SKIN  
LARGELY MAGNIFIED.

*h*, Sweat Gland; *i*, a Hair enclosed in its Follicles, and showing its pair of Sebaceous Glands; *p*, a Sebaceous Gland.

glands; the other being designed to draw off a considerable amount of solid matter, and are styled sebaceous or oil glands. The watery vapor which is constantly passing off through the pores of the skin—when not, as is commonly the case, in such quantity as to be noticed—is termed *insensible perspiration*; when so profuse as to collect in drops on the surface, it is *sensible perspiration* or *sweat*. The fluid which thus passes off from the system consists chiefly of water, with a small proportion of muriate of soda and free acetic acid; the quantity is at all times very considerable, but is greatly increased during violent exer-

# How to Maintain Good Health.

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Sickness Prevented. \* Disease Arrested.

Practical Information and Rules for Everyday Living.

Before taking up disease and its remedies, we will give a brief summary of the rules of health, by the observance of which disease may, in a vast number of cases, be prevented.

If it is asked what is meant by the term "health" it is apparently easy to answer; but there is no one who will not find it a difficult question. The difficulty arises from the fact that the term "health" is a relative one. Such a state of body as would be considered health in one person might not be so in another. Some persons may consider themselves healthy when the doctor knows they are not, while some may consider themselves diseased when the doctor knows they are in good health.

The true idea of health is a perfectly sound mind in a perfectly sound body — *mens sana in corpore sano*, as is the well known Latin saying. A man's body must be right, and his mind and soul must be right, or he is not a healthy man.

One of the first conditions of health is to have suitable food. Our bodies are made up of certain substances which are constantly worn out by our activities, so that during our whole lives there is a constant waste, which requires a regular supply of food to replace the particles destroyed. Men do not eat simply to satisfy the appetite. The object of taking food is to keep up the size and strength of the body and to replace the waste.

The animal body is warm and constantly emitting heat, and the heat so emitted must be replaced. The animal body has often been compared to a locomotive, in which, by air and water, heat is generated. Food may be considered as the fuel, but it does not serve to generate heat only, as in the locomotive; it forms new particles for the growth of the body, and to replace those worn out. While in the engine the machine is constantly wearing out, the body, up to maturity, is not only constantly

## HOW TO DETECT APPROACHING DISEASE

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Disease always sends a warning cry ahead, which, if heeded in season, will avert illness and often prevent death.

The aches, pains, and physical suffering of the human family are largely due to ignorance of a few simple facts easily comprehended even by a child.

A disordered system and approaching sickness may be clearly detected by the *Countenance*, the *Eye*, the *Tongue*, the *Pulse*, the *Gums* and *Lips*, the *Stomach*, *Bowels*, etc.

**The Countenance** is the great dial plate of the internal organs.

When the countenance is livid and tinged with blood, there may be impeded respiration and circulation, and probably congestion of the brain; this is the case in apoplexy, disease of the heart, effusion of the lungs, etc. A pale countenance may be a sign of fainting, of anaemia, and hemorrhage, external or internal. When the expression is violent and excited, there is probably the delirium of fever, inflammation of the brain, mania, or delirium tremens. In paralysis, convulsions, epilepsy, hysteria, and chorea, we have a distorted countenance; and a flushed one is symptomatic of fever in general, and of the early stage of delirium tremens.

Sometimes, in the last stage of an incurable disease, the face becomes what nurses call "struck with death," and to this corpse-like expression has been applied the term *Facies Hippocratica*, because it has been vividly pictured by Hippocrates himself. Here is his picture: "The forehead wrinkled and dry, the eye sunken, the nose pointed and bordered with a dark or violet circle; the temples sunken, hollow, and retired; the ears sticking up, the lips hanging down, the cheeks sunken, the chin wrinkled and hard, the color of the skin leaden or violet; the hair of the nose and eyelashes sprinkled with a yellowish white dust."

**The Eye.**—The expression of the eye, and of the whole countenance, affords an excellent index to the state of health or

# DISEASES.

## REMEDIES AND TREATMENT.

### ABSCESS.

An abscess is a collection of pus or matter, resulting from inflammation.

**Causes.**—It is caused by inflammation of the inner surface of the skin and its surrounding parts. The pus or matter does not pass off by gradual cessation, but collects in a cavity which is formed, and is termed an abscess.

**Symptoms.**—The inflammation of the part quickly subsides; the top of the tumor becomes soft and white, while all around it is redder.

**Treatment.**—Take a slightly cooling and gentle aperient. Foment the part with hot flannel, and apply a poultice of linseed meal. In parts where the poultice is difficult to retain, it must be put in a bag made of muslin with a tape attached to each corner of the bag to fasten it on and retain it in its place. The poultice should be renewed every six or eight hours. When the abscess looks white in the center, it is ripe and should be opened. After discharging pretty freely, a slip of lint should be inserted by a probe, and renewed once or twice a day, according to the nature of the discharge. After this the part should be supported by a bandage, or slips of adhesive soap or plaster, to facilitate contraction; and the aperture should be left open to facilitate the discharge. When healed, tonic medicine and change of air should be resorted to. During the continuance of the abscess, the patient should live on food which is plain and nutritious, without being stimulating, avoiding at the same time, except under extraordinary circumstances, wine, spirits, and beer.

### ABSCESS IN THE EAR.

Apply warm fomentations; syringe the ear with warm water. When the abscess has broken and discharged freely, the

DISEASES AND THEIR REMEDIES.

ASTHMA.

This is a disease of the lungs, whose main characteristic is laborious breathing, which comes in paroxysms, and is accompanied by a wheezing noise. Humid asthma is that in which the attack terminates in expectoration; when it does not, this is called dry asthma. Persons so afflicted have generally disease of the heart or lungs. When they have not, it is called spasmodic asthma, and to this persons are sometimes subject, who, when the attack is passed, may appear quite vigorous and healthy.

**Causes.**—Hereditary predisposition; dwelling in a cold or moist atmosphere, or being subject to sudden changes of temperature; gout, intense study, great mental anxiety; suppression of perspiration; irritation of the air-cells and lungs by atmospheric impurities; irritation of the stomach, uterus, or other viscera.

**Symptoms.**—The attack commonly occurs in the night, the patient having gone to bed in a listless, drowsy state, with a troublesome cough, oppression at the chest, and symptoms of flatulence; towards midnight probably the breathing becomes more labored, the wheezing sounds louder, and the patient is obliged to assume an erect posture, to prevent suffocation. Sometimes he starts out of bed, and rushes to the window for air, or he sits with his body bent forward, his arms resting on his knees, with a flushed or livid face, or deadly pale, gasping and struggling for breath, in a condition painful to behold; the pulse is weak and intermittent, with palpitation of the heart; sometimes there is vomiting, with involuntary emission of the urine, which is of a pale color, and relaxed bowels. The attack will probably last for a couple of hours or more, when the severe symptoms will gradually remit, with an expectoration of frothy mucus, and a tranquil sleep follows. For some days there will be felt a tightness in the chest, and the slightest exertion brings on a difficulty of breathing; there will be slighter paroxysms, and after a longer or shorter period another severe one.

**Treatment.**—The objects to be attained in this are, first, to moderate the violence of the paroxysm; second, to prevent its recurrence. Gentle aperients should be administered, and anti-spasmodic mixtures; a mustard plaster on the chest will often afford much relief. Castor oil, given in peppermint, or weak brandy and water, is a suitable aperient. Where there is

proceed to enumerate some of the chief kinds of headache, with their symptoms and remedies.

#### BILIOUS OR SICK HEADACHE.

This is perhaps the most common. It generally comes on the first thing in the morning, and may often be relieved by a cup of strong hot tea or coffee; probably because this stimulates the digestive organs, from a defective action of which the pain proceeds. This pain commences usually at one side of the head, most likely on the brow, just over the right or left eye, but when it continues it is diffused over the whole head, and is accompanied by an intolerable feeling of sickness, often by vomiting, and extreme languor and depression of spirits; there is generally, also, singing in the ears, dimness of sight, and confusion of mind, with great restlessness. Sometimes, without any medicine being taken, the bowels, previously constipated, will be freely evacuated, and the most urgent symptoms are quickly relieved; but it is generally desirable to take some active aperient, preceding or accompanying it with the following: Pulverized rhubarb, twelve grains; carbonate of magnesia, ten grains; aromatic spirits of ammonia, one-half dram; syrup of ginger, one dram; spearmint water, ten drams.

This will generally prove effectual, especially if the diet is spare and simple. Take no solid food for twenty-four hours, only a cup or two of tea, or a little thin gruel, and the chances are that there will be no headache next day; although it will probably return as severe as ever in a few weeks, its recurrence in some cases being at almost regular periods. It can generally be traced to some error in diet, such as taking food that is indigestible, or in too large quantities; or stimulating drinks, with insufficient exercise. Very often it arises from some derangement of the biliary secretions, either as to quantity or quality, or defective assimilation; sometimes from the habitual abuse of purgatives, which enfeebles the tone of the alimentary canal. Very commonly a simple dose of rhubarb and magnesia, with about thirty drops of sal volatile, will remove a common sick headache; when there is nausea, and vomiting or purging do not remove it, the former should be excited by an emetic; after this has acted, give blue-pill, one scruple; compound rhubarb pills, two scruples. Mix; divide into twelve pills; take one or two at a dose. Persons subject to this kind of headache should carefully abstain from fat meats, pastry, butter, and rich food generally.

DISEASES AND THEIR REMEDIES.

BRONCHITIS.

Bronchitis may be described as inflammation of the lining membrane of the throat. It will be evident that an inflamed state of these passages must interfere with the vital functions. Bronchitis is either acute or chronic.

**Causes.**—The exciting causes are exposure to cold and moist air, against which people cannot too carefully guard. Inhaling irritating substances or vapors will also cause it.

**Symptoms.**—The acute stage may commence immediately after exposure to cold. Most usually the lining membrane of the eyelids, nostrils, and throat are first affected, and then the inflammation extends downward into the chest. The earlier symptoms are running at the nose, watering of the eyes, frequent sneezing, and all the distressing symptoms of what is generally known as influenza. The fever generally runs high; there is extreme lassitude, with headache, and probably a troublesome cough, with expectoration of mucus. With adults the most active stage of the disease frequently assumes a dangerous character, and prompt measures are required to arrest its progress. If the febrile symptoms continue to increase in intensity, and the breathing becomes difficult from the clogging of the tubes with mucus, there is great reason for apprehension.

**Treatment.**—The patient should be confined to the bed, and the treatment consist of warm diluent drinks, such as flax-seed tea, or barley water, with a slice or two of lemon in it; gentle aperients if required; footbaths, and hot poultices to the chest. One teaspoonful of the syrup of ipecac every hour, until vomiting is produced, may be necessary to aid in removing the accumulations of thick mucus. Sometimes it is necessary to give stimulants; carbonate of ammonia in five-grain doses, or sal volatile, half a teaspoonful about every hour. These are preferable to alcoholic stimulants; but should they not succeed, brandy may be tried, with strong beef tea. When the urgency of the symptoms yields, a milder treatment may be followed out. The following is a good mixture: Wine of ipecac, one dram; aromatic spirits of ammonia, two drams; water, four ounces; one teaspoonful to be given every four hours. If the cough is troublesome, add a grain of acetate of morphine to the mixture. The diet should be light and nourishing, and all exposure to cold must be carefully avoided. In children, acute bronchitis does not commonly produce such marked effects as in adults, although sometimes it is extremely rapid and fatal, allowing

DISEASES AND THEIR REMEDIES.

CATARRH.

Catarrh, or cold in the head, is the most common of all the disorders to which the human body is subject, more particularly in variable climates, like our own. There are two kinds of this disease,—the one, a common cold; the other, influenza, or epidemic cold. A common catarrh is an inflammatory state of the mucous membranes of the head or chest; in the former case, it is called cold in the head, or coryza; in the latter, cold on the chest, or bronchitis.

**Causes.**—The common cause of this disease is exposure to cold or damp atmosphere, or to draughts, especially when the surface of the body is warm or perspiring. It is frequently occasioned by passing from a warm into a cold atmosphere, and, we believe, even more frequently by passing immediately from a cold into a warm atmosphere. Indeed, any sudden atmospheric change is apt, in delicate persons, to produce cold; but in passing from a warm room to the cold air, people generally take some care, while they are not generally aware that like danger attends passing from the cold air into a heated room, and hence do not provide against it.

**Symptoms.**—The symptoms of a cold in the head are a sense of uneasiness, heat, and stuffiness in the nostrils, diminution or loss of smell, dull, heavy pain in the forehead, inflamed eyes, sneezing, and a slight impediment in breathing. Generally, it extends to the throat and chest, and occasions hoarseness, cough, and difficulty of breathing. Frequently there is also a general derangement of the system, loss of appetite, lassitude, chilliness, succeeded by fever, and stiffness of the joints. The nostrils discharge a fluid, at first thin and acrid, afterwards thicker, and often purulent.

**Treatment.**—The treatment of a common cold is usually a simple matter. Confinement to the house for a day or two, a warm footbath, diluent drinks, abstinence from animal food and fermented liquors, and a dose or two of some gentle laxative, are usually sufficient to remove the disease. There is also what is called the *dry* method of cure, which has the advantage of not requiring confinement to the house, though otherwise some might be inclined to regard the cure as worse than the disease. It consists simply in abstinence from every kind of drink, until the disease is gone. Dr. Williams, its inventor, states that the necessary privation is not hard to bear, and that a cure is effected, on an average, in forty-eight hours. He allows a table-

water ought to be at first tepid; but, after being begun, the practice may be continued throughout the winter.

### CHRONIC CATARRH.

(*Ulceration of the Nose.*)

This is usually the result of neglected common catarrh, and is exceedingly troublesome, lasting sometimes for years.

**Symptoms.**—When the inflammation has continued, and ulceration taken place, matter is secreted, which falls down into the throat. This is one of the worst features of this disease, as the matter often finds its way into the stomach, causing a general derangement of the system. In the morning, on rising, great difficulty is experienced in clearing the head and throat. The smell is impaired, and sometimes destroyed. Loss of appetite and general emaciation frequently occur.

**Treatment.**—The treatment consists chiefly of local washes or injections. If no syringe or douche is at hand, they may be snuffed up the nose. A solution of chloride of potassa, or lime, is highly recommended, where the discharge is offensive. An injection composed of acetate of lead, sulphate of zinc, sulphate of copper, or nitrate of silver, has been found very beneficial, as has also the inhalation of the vapor of creosote, tar, and vinegar. Common salt is also a good remedy. Alum has been known to arrest the most violent attack in a few minutes. Place about half a dram in the mouth and let it dissolve gradually; swallowing a little occasionally.

### *Eclectic or Herbal Treatment for Catarrh.*

Promote a free perspiration, by taking every night warm hoarhound or boneset tea, which may be drunk cold during the day; if the cough is troublesome, take a tea made of slippery-elm bark, or flaxseed. Add a little lemon juice, and sweeten.

The following is also an excellent remedy for a cough: Take the yolk of two fresh eggs; beat them up well in a basin; then add quarter pound of moist sugar, and beat them together. Take another vessel; mix a wineglassful of white-wine vinegar and the juice of two large lemons. Stir all these ingredients up; mix them and put the whole into a bottle and cork it close. It is fit for use at once. Take a tablespoonful when the cough is troublesome.

Mustard plasters should be applied to the feet, and brandy or other spirits should be administered to stimulate the system. The body should be frequently rubbed with a warm flannel sprinkled with a little starch or camphorated oil. If the stomach is too weak to bear spirits, give a strong decoction of cloves or cinnamon, or of ginger, or cayenne pepper, a teaspoonful every half hour.

The following has been very effectual in curing severe cases of virulent cholera: Tincture of opium, tincture of camphor, and spirits of turpentine, of each three drams; oil of peppermint, thirty drops; mix. Dose, one teaspoonful in brandy and water, for the mild form of cholera; and one tablespoonful for the more virulent. As a preventive the following may be taken in cholera times: Bicarbonate of soda, one scruple; ginger, eight grains. Take in a glass of water, after breakfast and supper.

#### CHOLERA MORBUS.

This is a disease prevalent in hot, damp weather. From the great amount of bile secreted, it is also called Bilious Cholera.

**Causes.**—Excessive heat, sudden atmospheric changes, wet feet, indigestible food, and unripe fruits.

**Symptoms.**—This disease begins with sickness and distress at the stomach, succeeded by violent gripings with vomiting of thin, dirty yellowish, whitish, or greenish fluid. The contents of the upper bowels may be vomited. The nausea and distress continue between the vomiting and purging, and the pain at times is intense. The pulse is rapid, soon becoming small and feeble, the tongue dry, the urine high colored, and there is much thirst, though no drink can be retained on the stomach.

**Treatment.**—Apply a large mustard poultice over the stomach and liver. Give large draughts of warm teas, by which means the stomach will be cleansed of all its solid contents. Warm injections must be given frequently, and hot bricks applied to the feet, while the whole body should be swathed in warm flannels. To get up a warmth of the body and the stomach is, in fact, the most important thing in this disease. Hot brandy, in which is a dose of cayenne, is excellent to quiet the vomiting and griping. A few drops of laudanum in the injections may be given, if the pain is excessive. If these remedies do not bring immediate relief, call a physician without

In adults, convulsions may be apoplectic, epileptic, hysterical, or puerperal, as the case may be. Some narcotic poisons produce them, such as opium, prussic acid, some kinds of fungi, ardent spirits, and indigestible substances. In all these cases, emetics should be the first remedies, or the stomach pump; then volatiles and stimulants, as ammonia, valerian, and a stream of cold water poured upon the head from a considerable height. Convulsions may be caused by excessive mental emotion, and sometimes by long continued diseases, such as dropsy, jaundice, and fever.

When a person is taken with a fit, loosen any part of the clothing which may appear tight, especially about the neck and chest; sprinkle cold water on the face and apply volatile stimulants to the nostrils; rub the temples with eau de cologne, ether, or strong spirits of some kind, and blow upon them; and as soon as the patient can swallow, give thirty drops of sal volatile in water, or the same of ether, or, if neither are at hand, a little cold brandy and water.

When the fit is over, a gentle aperient should be taken, to be followed by cold bathing, exercise, and, if possible, by a change of air.

### CONSUMPTION.

Phthisis, or consumption, is a disease which, unfortunately, is but too prevalent and fatal in this country, as in most others. It spares neither age nor sex, and its attacks, at first so insidious as almost to escape notice, too frequently lead to a fatal issue. It is the result of the formation and development of tubercles in the lungs. These first appear in the form of small, gray, semi-transparent granulations, which gradually enlarge and become opaque, and after a time empty themselves into the bronchial tubes, and thus the substance of the lung is gradually destroyed.

**Causes.**—Recent discoveries prove that very little was known of the real cause of consumption, even a decade ago. Great progress has been made recently in the study of this disease by means of the microscope. Consumption was formerly regarded by all medical writers as more distinctly hereditary in origin than any other disease except syphilis.

It is now believed that consumption is not hereditary, that what is inherited is simply a constitution feeble in its ability to resist disease, and a vitality more or less impaired.

It may be regarded as well proved that the real cause of

camomile tea is very useful; as is a decoction of common mullein leaves and liverwort, drunk freely during the day.

A tablespoonful each of tar and honey beat up with the yolk of an egg and mixed with milk, and taken once or twice a day, is very good.

For females, especially when the menses are stopped, a wineglassful of decoction of elecampane, once a day, has been found very useful. The diarrhea may be checked by infusion of blackberry root.

#### CONSTIPATION.

When there is an undue retention of the contents of the bowels, their contents become hard and are expelled with difficulty and sometimes with pain.

**Causes.**—Neglect of the usual time of going to stool, extraordinary heat of the body, copious sweats, taking food that is dry, heating, and difficult of digestion; sedentary life, or a diseased state of the liver or spleen, sometimes from stricture in the rectum.

**Treatment.**—The first thing to be done is to establish the habit of trying to evacuate the bowels every day at a certain hour; the best time for most people is just after breakfast. It matters not if the bowels do not act; the practice of attempting should be persisted in, and in time it will break up the confined state of the bowels. Adopt a diet free from all astringents, taking care especially that there is no alum in the bread, and using a coarser kind. Let the food consist of a due admixture of meat and vegetables for dinner; the beverage, water. For breakfast stale bread or dry toast, with a moderate quantity of butter, honey, fish, or bacon; cocoa is, perhaps, preferable to tea or coffee; and porridge made of Scotch oatmeal, probably better still. Regular exercise, either by walking or on horseback, should be taken. Roasted or boiled apples, pears, stewed prunes, raisins, gruel with currants, broths with spinach, leeks, and other soft pot-herbs are excellent laxatives. If the above mode of living fail to relax the bowels, inject warm water by means of an enema. If there be an objection to the use of the foregoing, take of castor oil four parts, and of tincture of jalap, aloes, or rhubarb, one part; mix, and diligently rub over the region of the stomach every morning before rising; it should be done under the bedclothes, lest the unpleasant odor should sicken the stomach. Or take either of the following: Take from half a dram to a dram of dilute nitric acid in a cupful of

**Treatment.**—The diet should be carefully regulated—all vegetable substances are to be avoided — the bowels to be kept quietly open with pills of aloes and soap, emetics and diaphoretics occasionally administered, perhaps the compound ipecacuanha powder, ten grains at bedtime, is the best; alkaline drinks, such as soda water, may be given with advantage, covering the skin with flannel, anointing it with camphorated oil ; using the warm bath and the flesh brush are also good, as are chalybeate and sulphurated waters. Tonics, astringents, and stimulants will be of service, especially preparations of iron with tincture of cantharides ; if in the summer, sea-bathing, and anything which may serve to invigorate the system. Such is an outline of general treatment ; of course, constitutional peculiarities require special and appropriate remedial measures, and of these only the professional adviser can judge.

#### DIARRHœA.

**Causes.**—The causes which produce diarrhoea are indigestible food, or food taken in too great quantities ; acid fruits, irritating substances taken into the stomach ; the abuse of active purgative medicines, the application of cold to the body, the suppression of perspiration, and long-continued heat of the atmosphere.

**Symptoms.**—This disease consists in a copious and frequent discharge of feculent matter from the bowels, accompanied by griping. There is a sense of weight and fullness in the lower part of the stomach, attended with a murmuring noise, arising from the presence of a great collection of wind. This feeling is relieved after every evacuation which takes place, and is again renewed before a second ensues. In addition to these symptoms, the patient is troubled with nausea, sickness, vomiting, and, if the purging be not quickly arrested, by great exhaustion and depression of the vital powers, accompanied by spasm and cramp. It is distinguished from dysentery by the absence of fever, inflammation, contagion, and straining at stool, and also by the absence of blood in the motions. The appearance of the stools in the commencement of the disease is sometimes thinner than natural, in consequence of a large quantity of fluid being poured out by the intestines. They are sometimes slimy and of a green color ; sometimes they are yellow, and sometimes of a dark brown, accompanied by a very fetid smell. As the disease advances they become very watery, and similar

urine is scanty, thick, and high colored; thirst is great, breathing difficult, and cough troublesome. The flesh wastes, and the patient weakens.

**Treatment.**—Avoid drinks as much as possible; quench the thirst with acid liquors, mustard whey, and the like; and take the following: Cream of tartar, one dram; dissolve in hot water, add the juice of a lemon, and sweeten with sugar.

In dropsy of the chest or head, blisters are sometimes applied to great advantage. After the water is removed, live well and temperately. Take tonics and strengthening food.

#### *Eclectic Treatment for Dropsy.*

Many cures have been effected by using a decoction of burdock. Boil two ounces of the fresh root in three pints of water till reduced to two. Drink the whole in the course of two days.

Five grains of saltpetre taken every morning is said to have cured many.

From one to four teaspoonfuls of the expressed juice of the inner bark of the elder, taken every four hours, till it operates freely, is of great service.

To promote perspiration an adult may take every night at bedtime four or five grains of camphor, one grain of opium, and as much syrup of orange peel as is sufficient to make into a bolus.

#### DYSENTERY.

A disease accompanied by frequent and scanty discharges from the bowels, and tenesmus or great bearing down of the rectum. The stools are mucous, bloody, or slimy, and contain little or no fecal matter.

**Causes.**—The causes which produce this disease are a cold and moist state of the atmosphere, quickly succeeded by heat; the suppression of the perspiration, whereby the blood is thrown from the external upon the internal vessels; immoderate use of spirituous liquors, unwholesome food, exposure to noxious exhalations, or to the effluvia arising from the bodies of persons laboring under the disease.

It is supposed that dysentery, when it proves infectious, is owing to the impure and vitiated condition of the atmosphere; hence it frequently appears in hospitals which are not properly ventilated, and other places where a number of sick persons are crowded together; while in situations where great attention is

previously by means of poultices. Alkaline lotions have been used with good effect—about two drams of subcarbonate of soda, dissolved in one and a half pints of water, is perhaps the best form; a piece of lint saturated with it should be laid over the head, and covered with oiled silk or thin gutta-percha.

The patient should be put under a course of alterative medicines, and these, with strict attention to cleanliness, will effect a cure quickly and safely.

When there is a full habit, with a tendency to eruptions of the scalp, the diet should be somewhat lowered. Mild and farinaceous food should be in a great measure substituted for flesh. But if the habit be weakly, the diet must be rendered more nourishing and stimulating; in all cases of the kind salt meats should be avoided.

### ERYSIPelas.

This disease has been popularly known as the Rose, from its red color; and as St. Anthony's Fire, partly from its burning heat, and partly because the saint whose name it bore was supposed to have the power of curing it with a touch. There are several species of this disease; but without going into the particular characteristics of each, it will be sufficient for us to state what are the general symptoms of erysipelatous inflammation, and the best remedial measures.

**Causes.**—Changes of cold and heat or peculiar conditions of the atmosphere may be named among the predisposing causes of this disease. The slightest puncture or scratch of the skin is often the beginning of an attack of this disease; it is very contagious, and its appearance in an hospital ward is greatly dreaded, as wounds and amputated parts, which up to the time of this visitation have been going on extremely well, frequently assume an inflamed or gangrenous character, which leads to a fatal termination of the case. In a house where a confinement is likely to take place, erysipelas should be carefully guarded against, as there is undoubtedly a close connection between it and childbed fever, which is so frequently fatal.

Among the predisposing causes of erysipelas may be mentioned want of cleanliness, insufficiency or bad quality of food, irregularity of living, wounds and sores.

**Symptoms.**—The symptoms of an attack are usually of a febrile character, such as shivering, headache, furred tongue, accelerated pulse, and often derangement of the stomach for a day

day. The following has been found very beneficial: Take one tablespoonful of common salt and mix it with two tablespoonfuls of vinegar, and pour upon it a half pint of water, either hot or cold, only let it be taken cold. A wineglassful of this mixture in the above proportions, taken every half hour, will be found quite efficacious in curing dysentery. If the stomach be nauseated, a wineglassful taken every hour will suffice. For a child, the quantity should be a teaspoonful of salt and one of vinegar in a teacupful of water.

Tea made of the roots and leaves of blackberries is very beneficial; and a syrup made of the berries is still better. The following is also very useful: Bistort root, tormentil root, ginger root, each (sliced and bruised) one ounce; green peppermint and wood sage, of each one ounce; Turkey rhubarb and gum myrrh, of each half an ounce; cinnamon, two drams; water, two quarts. Boil down to three pints; strain. Pour the boiling liquor on to loaf sugar, half a pound; bicarbonate of potash, half an ounce. Then add tincture of myrrh, one ounce; spirit of camphor, two drams; oil of peppermint, twenty drops (put those together before adding to the liquor). Dose, a wineglassful every fifteen minutes until relieved.

#### DYSPEPSIA.

(*Indigestion.*)

This is one of the most common ailments to which mankind is subject.

**Causes.**—Accidental fits of indigestion are of frequent occurrence, and are caused by overloading the stomach with food, and indulging freely in wines, spirits, or other intoxicating liquors. Confirmed or chronic indigestion may depend on debility or want of tone of the stomach, or it may be caused by the lining or mucous membrane of this organ being in a state of irritation, or chronic inflammation. One of the most frequent causes of indigestion is improper mastication of the food; such food is bolted, instead of being reduced to a natural pulp, thereby presenting to the digestive organs a hardened mass, which it has the greatest difficulty to operate upon. Another cause is habitual inattention to diet, both as regards the quality and quantity of food, irregularity in the times of eating, drinking large quantities of warm, relaxing fluids, and using malt liquors too freely. A third cause is insufficient exercise; a fourth cause, impure air; and, beside these, there are number-

loaf sugar, and give a tablespoonful every hour till the symptoms change. The bowels must be kept open as in all fevers.

Captain Jonas P. Levy, who has had an extensive experience with yellow fever, states that he never knew a case to terminate fatally, under the following treatment:—

Dissolve a tablespoonful of common salt in a wineglassful of water; pour it into a tumbler, and add the juice of a whole lemon and two wineglassfuls of castor oil. An adult to take the whole at one dose. Then give a hot mustard footbath, with a handful of salt in the water. Wrap the patient in blankets until he perspires freely. Remove to the bed, and well wrap the patient's feet in a blanket. Afterward apply mustard plasters to the abdomen, legs, and soles of the feet. If the headache is very severe, they may be applied to the head and temples. After the fever has been broken, take forty grains of quinine and forty drops of elixir of vitriol to a quart of water. Give a wineglassful three times a day. Barley water, lemonade, and ice water may be used in moderation.

#### FISTULA.

This is a troublesome ulcer near the anus, which communicates with the rectum.

**Causes.**—Persons who follow sedentary occupations are more liable to them.

**Treatment.**—Sometimes a cure will be effected by attending to the general health, and the injection of some astringent lotion, as solution of sulphate of zinc (forty grains to one pint of water). If this fails, it will be necessary to make a complete division with the knife of the whole of the parts between tween the fistula and the bowel, and the edges of the wound kept apart by lint, in order to allow the cavity to fill up by granulation.

#### FETID BREATH.

The odor of the breath is a pretty correct index of the state of the body. When tainted it is generally from decayed teeth, or from a disordered stomach.

**Treatment.**—Rinse the mouth out two or three times a day with a weak solution of cooking soda; or wash the mouth with salt water in the morning and keep the teeth clean. With a soft wood toothpick remove all substance which has lodged between the teeth or in the cavities, then brush carefully morning and night using some good tooth powder. See pages 352 and

353. The following is very efficient: Take of common salt, one and a half ounces; tartrate of potassa and oil of bergamot, of each two drams; white sugar and gum tragacanth in powder, of each eight ounces. Dry the salt, sugar, and gum by the fire, and reduce them to a very fine powder in a very hot mortar; make the powder into a paste with a little water and the oil; roll the paste out to about the eighth of an inch, and divide it into lozenges. Dry them in a dish or basin in the oven; when perfectly dry, cover them with a coating of gum tragacanth, and dry them again afterwards quickly by the fire. Keep them in a well-closed box. These lozenges are simply chewed, and not taken internally, nor ought the saliva to be swallowed that is secreted while chewing them. When you have finished chewing, rinse the mouth with water. These lozenges will not only cure foul breath but will take away the smell of tobacco or onions.

#### GALL STONES.

Gall stones are concretions, sometimes formed in the gall bladder; they vary greatly in size, some being smaller than a pea, and some as large as a walnut; they often remain in the gall bladder without causing any uneasiness; but, when one of any considerable size passes into the duct, it gives rise to violent spasmodic pains which cease only when the stone has effected its passage into the bowels. The gall duct is, in caliber, no larger than an ordinary goose quill, and therefore this operation is often a difficult and protracted one; its symptoms are agonizing pain in the region of the bladder, often accompanied by shivering and vomiting; when the obstruction has passed into the common duct, and so stopped the flow of bile from the liver, there will be jaundice, with white and chalky stools. When there are these symptoms, with absence of pain on pressure, and no fever, we may safely conclude that inflammation is not the exciting cause, but gall stones; their presence in the fæces may be easily detected, as they float upon water.

**Treatment.**—The proper treatment in an attack of this kind is hot applications over the seat of pain. The pain should be relieved by anodynes or the hypodermic injection of morphia. Such treatment, however, is safe only in the hands of a competent physician. There is commonly great acidity of the stomach while gall stones are passing; hence an alkaline draught is of service, say half a teaspoonful of bi-carbonate of soda in a good quantity of warm water. Should the stomach reject these remedies, an anodyne may be administered in a clyster, of about

forty drops of laudanum, in a pint of thin gruel. Hot bran poultices, sprinkled with laudanum, may be applied to the seat of pain.

### GANGRENE.

(*Mortification.*)

Gangrene is the first stage of mortification, so called from its eating away the flesh. Gangrene may be considered as the death of one part of the body while the other parts are alive.

**Causes.**—The causes are excessive inflammation, sometimes from hurts or injuries that are sufficient to cut off the circulation.

**Symptoms.**—All pain and sensation ceases in the part; and, if extensive, it turns from red to purple, livid or black, with a quick pulse and clammy sweat. If internal, there is a cessation of pain, but the body sinks and changes to a livid color, and often hiccoughs and other distressing symptoms attend. The face is pinched with cold, and the tongue brown.

**Treatment.**—When the result of cold, the part becomes first white and a restoration of the suspended circulation should be attempted by rubbing with snow, if it can be procured; if not, with a coarse cloth or flesh brush. No heat must be applied; even that of the bed-covering will sometimes set up inflammation. Camphorated spirit of wine is, perhaps, the best liniment that can be used. After the rubbing, if it appears to be at all effectual, apply cold poultices. If, in spite of these efforts, a discoloration of the skin shows that gangrene has really commenced, apply to the part a poultice of flaxseed with a little powdered charcoal in it, and also spirit lotions to keep the disease from spreading. The constitution of the patient must be soothed and supported by some anodyne and stimulant. Cooper recommends from seven to ten grains of carbonate of ammonia with ten to fifteen drops of tincture of opium, two or three times a day, or more frequently if required. A bolus composed of five grains of carbonate of ammonia, with ten grains of musk, may be given every four hours, with excellent effect. When the gangrene has proceeded to slough, port wine poultice is a good application, or spirits of turpentine, to stimulate the parts.

If, however, the gangrene is not stopped in its first stages, it can seldom be after; and the only chance of saving the person's life is to amputate the limb; and this must be done before the morbid influence has spread far towards a vital part.

Hospital gangrene is a combination of humid gangrene with

phagedenic ulceration, sometimes occurring in crowded hospitals and causing a fearful mortality among the patients.

### GLANDERS.

(*Farcy.*)

This is a malignant disease occurring in the horse and mule and which man is liable to contract by inoculation or simple contact with the skin. It is a horrible and loathsome disease, and often proves fatal. An animal affected by it should at once be killed and the body buried.

**Symptoms.**—The chief symptom of its presence in the animal is inflammation of the lining membrane of the nostrils, which becomes ulcerated, and emits a bloody, fetid, sticky, yellowish discharge. Shortly after a person contracts the disease there are febrile symptoms, probably vomiting and diarrhoea; small ulcerating tumors form under the skin in various parts of the body, and the peculiar viscid discharge from the nostrils commences which is characteristic of the disease. Domestic treatment should not be attempted, but a competent physician employed without delay.

### GLANDULAR SWELLINGS.

Weak and scrofulous persons are frequently troubled with these swellings. They often occur in the neck, and under the arm, as well as elsewhere.

**Treatment.**—Stimulant applications and a general tonic course of treatment should be resorted to in such cases. Salt water bathing, and drinking mineral waters are among the most efficacious remedies. If these cannot be obtained, let the patient take a mixture like this: Sulphate of iron, twelve grains; sulphuric acid (diluted), one dram; sulphate of quinine, twenty-four grains; tincture of ginger, two drams; distilled water, sufficient for twelve ounces. Take a tablespoonful three times a day, with good nourishing food. If the bowels are at all confined, add to the mixture six drams of sulphate of magnesia. Paint the swollen part with tincture of iodine every night.

### GONORRHœA.

Gonorrhœa or clap consists of a purulent discharge from the urethra, being the effect of inflammation of a specific character attacking the extremity of that passage, and in certain cases extending through its whole course.

**Symptoms.**—This disease begins to make its appearance in some persons about the third or fourth day, and in others in a week or two after exposure, but the average time is five days. About the third day, generally speaking, the orifice of the urethra begins to swell, the patient feels a certain degree of uneasiness in the parts, there is a sensation of itching in the male organ, and a soreness and tingling in the course of the urethra ; the lips of the orifice are, at first, drier and hotter than natural ; but in a short time a white purulent discharge makes its appearance, which as time advances increases in quantity. There is now great pain and scalding in passing the urine, which is acid and loaded with saline matter, passing over an inflamed surface. The urine is voided in a smaller stream than natural, and sometimes with difficulty. The discharge in the course of a few days increases considerably, and changes its appearance, being sometimes greenish and sometimes yellowish ; the patient is troubled with frequent and painful erections, particularly when he gets warm in bed—this affection is called *chordee*. The mild form of this disease is accompanied by mild constitutional symptoms.

In the severe form of the disease, arising from intemperance, or the use of strong astringent injections, the inflammation, instead of being confined to the first inch and a half of the urethra, may extend the whole length backward, implicating the prostate gland, neck of the bladder, and its lining membrane. In these cases, the patient is tormented with a frequent desire to pass water, which is voided with great difficulty, and only a few drops at a time. There is great constitutional disturbance, and fever of an inflammatory character. It is frequently accompanied by enlargement of the glands of the groin, arising from inflammation of a set of vessels called absorbents ; these are called sympathetic buboes, in consequence of their increasing or diminishing in size according to the amount of inflammation ; they do not proceed to suppuration. From the same cause there may be inflammation and enlargement of one or both testicles. In such cases the discharge will disappear for a time, and there may be a good deal of constitutional disturbance and fever.

*Chordee* is a most troublesome affection in this disease ; this arises from inflammation of the tissue surrounding the urethra, which prevents its extension.

In persons troubled with tight foreskins, the matter collects under the foreskin, producing excoriation, inflammation, and swelling ; so that the patient is unable to draw it back ; this

state is called phimosis. On the other hand, when the foreskin becomes inflamed and swollen, while drawn back, it is called paraphimosis. Persons in whom the foreskin is naturally tight, so that it cannot be drawn back, are subject sometimes to a discharge resembling gonorrhœa; this discharge arises from irritation. This disease is called spurious gonorrhœa, and must be distinguished from true gonorrhœa, as the treatment of the two essentially differ.

**Treatment.**—In the mild form of this disease, and in the first stage when the discharge is fully developed, and the inflammation confined to the first inch and a half of the urethra, the first thing to be done is to open the bowels briskly. This may be effectually accomplished by administering the following powder: Powdered jalap, four grains; calomel, four grains. Mix. To be given at bedtime. Animal food, and stimulating drinks, such as ale, spirits, and wine, should be carefully abstained from. Great cleanliness should be observed, the penis should be bathed several times a day in hot water, allowing it to soak for a few minutes each time, and taking care to wash off all discharge. The patient should rest as much as possible, and wear a suspensory bandage to keep the penis out of the way of all friction. His diet should consist of light, farinaceous food, such as arrowroot, sago, or bread puddings; and, for his ordinary drink, barley water or toast and water. Broths of an unstimulating character, such as mutton and chicken, might be allowed occasionally. He should then take the following powder three times a day: Cubebs, one dram; powdered gum arabic, one scruple; bicarbonate of soda, ten grains. Make a mixture. To be taken in a little milk or water. This treatment should be continued for a few days, after which the doses of cubebs might be increased to two drams three times a day. Should the discharge still continue after persevering in this plan for eight or ten days, and when the active stage of the inflammation has subsided, the following mixture may be administered with advantage: Balsam copaiba, three drams; powdered gum arabic, two drams; camphor mixture, or water, six ounces; spirit of lavender, one-half ounce; sweet spirit of niter, one-half ounce. Mix. Rub up the copaiba with the gum arabic, first, in a mortar; then add the water by slow degrees, and, when the copaiba becomes incorporated with the water, add the other materials: a tablespoonful to be taken every day. Should this quantity disagree with the stomach, or produce pain in the back, the dose may be diminished according to the age, strength, and peculiar circumstances of the patient.

The following is also a good form of mixture: Copiba, three drams; powdered cubeb, six drams; laudanum, thirty drops; powdered gum arabic, two drams; water, six ounces. A tablespoonful three or four times a day. Care must be taken to keep the bowels open during the treatment. The following is a good aperient pill for the purpose: Compound colocynth pill, one dram; calomel, six grains; oil of caraway, six drops. Mix and divide into twelve pills; one or two may be taken every second or third night. It sometimes happens that the copaiba disagrees very much with the stomach, producing indigestion and eructation into the mouth. In these cases it should be suspended for a time, or altogether omitted.

In the severe form of this disease, when the inflammation extends as far as the neck of the bladder, fomentations, consisting of flannels wrung out of hot water, should be applied, or large poultices of linseed meal, or bread and water, three or four times a day; or the patient may sit in a hip bath once or twice daily; strict rest in the recumbent position should be enjoined; and for the purpose of keeping the bowels open, the following mixture should be administered: Epsom salts, six drams; tartar emetic, one grain; mindererus spirit, one ounce; syrup, one-half ounce; camphor mixture, five ounces. Two tablespoonfuls to be taken every two or three hours. In order to allay irritation, and relieve the pain, heat, and difficulty in making water, the patient should drink freely of linseed tea, or solution of gum in milk. Some recommend the use of soothing injections in this stage. The injection should consist of warm water, eight ounces; vinous solution of opium, sixty drops. This should be thrown into the urethra several times a day.

If the patient should be troubled with a frequent desire to make water, opium administered by the mouth or rectum is of the greatest service. The following is a good draught in these cases: Tincture of opium, twenty drops; syrup, one-fourth ounce; camphor mixture, one and one-half ounces. Make a draught; to be taken once or twice in twenty-four hours, according to the intensity of the pain. Or an injection consisting of two ounces of thin gruel, and half a dram of tincture of opium, may be thrown into the rectum.

Stricture is frequently the result of this form of the disease. When the active stage has been reduced by the means already laid down, the discharge may be treated by astringents, both internally and externally. The form of mixture already prescribed will answer. Astringent injections may be also em-

ployed with advantage. Either of the following may be used: Sulphate of zinc (white vitriol), twelve grains; wine of opium, one-half dram; water, six ounces; to be thrown into the urethra three or four times a day. Or take nitrate of silver, one grain; distilled water, one ounce.

One of the most painful and sometimes most troublesome consequences of gonorrhœa is inflammation of the testicle. This affection, usually termed "swelled testicle," may occur at any period of the disease. It arises from extension of the inflammation from the urethra down the spermatic cord to one or both testicles, but usually attacks only one at a time. It is best avoided by careful attention to regular living and quiet, during the inflammatory stage of the gonorrhœa. It commences sometimes with pain in the testicle itself, and sometimes the pain is felt first in the groin, in the situation of the spermatic cord. If its approach is thus perceived, the application of numerous leeches in the groin, with rest in the recumbent posture, and suspension of the scrotum in a proper bandage, will frequently prevent the extension of the inflammation to the testicle itself. Should the inflammation, however, reach that organ, the most immediate relief will be obtained by perfect rest, the testicle being supported. Usually the inflammation will subside spontaneously in a few days if the patient will keep quietly lying on his back with the testicle supported in a proper bandage, and fomented either with hot water, or soothed with cold water, as his feelings may dictate. The bowels should be kept open by saline purgatives, such as Epsom salts, etc., and the diet should be low. If there is much pain in the groin, a full dose of Dover's powder should be taken at bedtime. In extremely painful cases, great relief will be experienced by the application of a tobacco poultice to the scrotum. This may be made by mixing equal parts of tobacco and meal together, and moistening with hot water.

Mercury is never requisite in this affection. The swelling of the testicle, in most cases, is removed in process of time; but during its existence care should be taken to keep the testicles well supported, as relapses are not unfrequent.

In phimosis, the penis frequently becomes excoriated from the irritation of the matter from the urethra, and warty excrescences may develop. In order to prevent such effects, great cleanliness should be observed; the matter should be carefully washed off, and warm water thrown under the foreskin several times a day by means of a syringe. If excoriation or warts exist, black wash will be of the greatest service—it should be used

in a similar manner to the warm water. Black wash is made by mixing thirty grains of calomel with two ounces of limewater—to be well shaken when used. The bowels should be kept open by means of suitable physic.

**Treatment of Chordee.**—We have observed before that chordee consists in a painful erection of the penis. A want of harmony between the parts causes the penis to be bent downward, and pain is experienced by the patient during an erection. In order to obviate this, the penis should be rubbed with strong solutions of opium, such as the tincture; or pledgets of linen, wet with the tincture of opium, should be constantly applied, taking care to change them as often as they become warm; or it may be rubbed with the following application, which is found of great service in this affection: Extract of belladonna, two drams; camphor, ten grains. Rub up the camphor into a fine powder, having previously dropped on it a few drops of spirit of wine, then add the belladonna; about the size of a small pea of this, rubbed along under the surface of the penis, and upon the frænum and bridle, quickly brings down an erection and relieves pain. All lascivious ideas should be dismissed from the mind. The bowels should be kept open by a mild aperient. As the erections generally come on more frequently when the patient becomes hot in bed, the best means of temporarily relieving it will be to bend the penis downward with the hand, and to apply cold; but the most certain means of preventing it will be to administer at bedtime the following draught: Tincture of opium, twenty drops; camphor mixture, one and one-half ounces. Mix. This draught to be taken at bedtime, and to be repeated in three or four hours, if not asleep or if in pain.

In the treatment of sympathetic buboes accompanying gonorrhœa, little will be required to be done, as they depend on the amount of inflammation in the urethra, and will increase and diminish in size according as the original disease becomes better or worse; however, as they sometimes enlarge very much and become very painful, it may be found necessary to apply leeches once or twice a week. The patient should rest as much as possible, and pledgets of linen wet in spirits of camphor should be applied. The bowels should be kept open. If buboes do not yield to this treatment, but should proceed to suppuration, poultices may be applied until matter is formed, when it may be evacuated by the lancet.

In cases of retention of urine following gonorrhœa, the patient should be placed in a warm bath, and a dose of laudanum ad-

ministered. If this treatment does not succeed in relieving the bladder, the catheter should be introduced.

### GOUT.

This is a disease of the blood, arising from a superabundance of acid therein ; the pain generally attacks the small joints, arising without any apparent cause. It is preceded generally by some affection of the stomach. The articulations of the feet and hands, particularly the great toe, are most liable to be involved.

**Treatment.**—The patient ought to be in bed. The diet should be nourishing, not stimulating—broths, puddings, jellies, light meats, etc., are therefore proper ; but spirits or wine must be carefully avoided, as well as salt meats, and all highly seasoned food. Take on the first day half an ounce of castor oil ; then give the following : Iodide of potash, ninety grains ; wine colchicum seed, one-half ounce ; syrup of orange peel, one ounce ; wintergreen water, two and one-half ounces. Take one teaspoonful every four hours with a little water. As a preventive, the following is highly recommended : Infusion of gentian, one and one-half ounces ; bicarbonate of potash, fifteen grains ; tincture of rhubarb, one dram. Mix. To be taken at bedtime.

### GRAVEL.

A disease depending on the formation of small calculi in the kidney.

**Treatment.**—The general treatment should consist in a hot bath and warm fomentations ; a dose of castor oil should be administered, and when the bowels have acted, if there be much pain the following may be given : Solution of acetate of morphine, one dram ; spirit of hydrochloric ether, two drams ; syrup of roses, half an ounce ; camphor mixture, four ounces. One-fourth part to be taken at bedtime. Linseed tea or slippery elm water should be drunk freely. The following may also be used with good results : Infusion of buchu, seven ounces ; sal volatile, two drams. Mix. Dose, two tablespoonfuls once or twice a day. The following is also recommended : Oil of spruce, one scruple ; spirit of nitrous ether, one ounce. Mix. Dose, a teaspoonful two or three times a day, in a teaspoonful of the decoction of marshmallow root. Or the following may be used : Rectified oil of turpentine, sweet spirits of niter, oil of juniper, syrup of acacia, of each, half an ounce. Mix. Dose, fifteen or sixteen drops in a wineglassful of water three times a day. The following remedy

has been highly recommended for this complaint: Parsley, ten cents worth, stewed down in a pint of water to half a pint; when cool, add a wineglassful of gin. Take a wineglassful of the mixture every morning, until relief is afforded.

#### GRAY HAIR.

The sedentary, the studious, the debilitated, and the sickly are, with very few exceptions, those who are earliest visited with gray hair. Persons whose employment renders much sitting necessary, and little or no exercise possible, are most likely to have gray hairs.

**Treatment.**—Mix thoroughly a small quantity of subnitrate of bismuth with vaseline and brush a small quantity of it into the hair daily.

#### GUMBOIL.

This sometimes arises from exposure to cold, but is caused in the majority of cases by the irritation of a decayed tooth.

**Treatment.**—Inflammation of the gum generally goes on to suppuration, to promote which, warm fomentations and poultices may be applied externally. As soon as the matter is formed the abscess may be cut or lanced. Afterwards the mouth should be washed occasionally with an astringent lotion composed of tincture of myrrh and water, or of twenty or twenty-five grains of sulphate of zinc, dissolved in half a pint of rosewater.

#### WEAKNESS OF THE HAIR.

The falling off of the hair often follows fevers or other serious illness, or it may be a sign of debility.

**Treatment.**—The removal of the bodily weakness, and the general bracing up of the system, is the first step to take. Frequent cutting of the hair, and frequent brushing and washing, are the next methods. In addition to this, there may be applied, every morning and evening, a portion of the following lotion: Eau de cologne, two ounces; tincture of cantharides, two drams; oil of rosemary, ten drops; oil of lavender, ten drops. Mix. We append a number of the most approved remedies for weakness of the hair. Each should have a fair trial, till the right one is found: Clean the hair every night with a soft brush; then comb it very gently, and pour cold water on the head every morning, after which thoroughly dry it. A little vaseline should also be used twice a week. Or the following: Beef marrow, six ounces; nervine balsam, two ounces; Peruvian balsam, two ounces; oil of al-

monds, one and one-half ounces ; extract of cantharides, sixteen grains. Melt the marrow and nervine balsam with the oil ; strain, add the balsam of Peru, and lastly the extract dissolved in a dram of rectified spirit. Rub on the scalp once or twice a day for some weeks. If any soreness be produced, it should be less frequently applied. Or the following : Fresh lemon juice, one dram ; extract of bark, two drams ; marrow, two ounces ; tincture of cantharides, one dram ; oil of lemon, twenty drops ; oil of bergamot, ten drops. Mix. First wash the head with soap and water, with a little eau de cologne ; then rub it dry. Next morning rub it with a small lump of pomade, and repeat it daily. In four or five weeks a cure will be effected. Or the following : Burnt alum, one-half dram ; borate of soda, one-half dram ; beef marrow, one ounce ; essence of bergamot, six drops. Mix ; to be rubbed on the head night and morning. Or the following : Oil of mace, one-half ounce ; olive oil, two drams ; water of ammonia, one-half dram ; spirit of rosemary, one ounce ; rosewater, two and one-half ounces. Mix. Or the following : Bay leaves, two ounces ; cloves, one-fourth ounce ; spirit of lavender, four ounces ; spirit of thyme, four ounces. Digest for six days, filter, and add ether, half an ounce. To be applied every morning.

#### HAY ASTHMA.

(*Hay Fever, Summer Bronchitis.*)

Hay-asthma, hay-fever, or summer bronchitis is a disease which occurs about the time of the hay-harvest, and appears to be caused by the pollen of plants which inflames the bronchial passages. This theory is supported by the fact that those who live in situations where there is little or no vegetation do not suffer from it.

**Symptoms.**—A difficulty of breathing, and a burning sensation in the throat, are the chief characteristics of this affection.

**Treatment.**—Removal to a proper locality is most effectual. The following is a valuable remedy : Citrate of iron, one dram ; sulphate of quinine, one scruple ; extract of nux vomica, eight grains. Mix, and make into thirty-two pills. Dose, one pill three times a day.

#### HEADACHE.

There is no more common complaint than this, which is symptomatic of so many diseases that it is impossible to lay down any general system of treatment. We will, therefore,

proceed to enumerate some of the chief kinds of headache, with their symptoms and remedies.

### BILIOUS OR SICK HEADACHE.

This is perhaps the most common. It generally comes on the first thing in the morning, and may often be relieved by a cup of strong hot tea or coffee; probably because this stimulates the digestive organs, from a defective action of which the pain proceeds. This pain commences usually at one side of the head, most likely on the brow, just over the right or left eye, but when it continues it is diffused over the whole head, and is accompanied by an intolerable feeling of sickness, often by vomiting, and extreme languor and depression of spirits; there is generally, also, singing in the ears, dimness of sight, and confusion of mind, with great restlessness. Sometimes, without any medicine being taken, the bowels, previously constipated, will be freely evacuated, and the most urgent symptoms are quickly relieved; but it is generally desirable to take some active aperient, preceding or accompanying it with the following: Pulverized rhubarb, twelve grains; carbonate of magnesia, ten grains; aromatic spirits of ammonia, one-half dram; syrup of ginger, one dram; spearmint water, ten drams.

This will generally prove effectual, especially if the diet is spare and simple. Take no solid food for twenty-four hours, only a cup or two of tea, or a little thin gruel, and the chances are that there will be no headache next day; although it will probably return as severe as ever in a few weeks, its recurrence in some cases being at almost regular periods. It can generally be traced to some error in diet, such as taking food that is indigestible, or in too large quantities; or stimulating drinks, with insufficient exercise. Very often it arises from some derangement of the biliary secretions, either as to quantity or quality, or defective assimilation; sometimes from the habitual abuse of purgatives, which enfeebles the tone of the alimentary canal. Very commonly a simple dose of rhubarb and magnesia, with about thirty drops of sal volatile, will remove a common sick headache; when there is nausea, and vomiting or purging do not remove it, the former should be excited by an emetic; after this has acted, give blue-pill, one scruple; compound rhubarb pills, two scruples. Mix; divide into twelve pills; take one or two at a dose. Persons subject to this kind of headache should carefully abstain from fat meats, pastry, butter, and rich food generally.

Sometimes an excess of alkali, at others of acid in the alimentary canal, will produce sick headache; in the former case, a vegetable acid, such as vinegar, will afford relief; in the latter case, in which there is likely to be heartburn and acid eructations, a dose of sal volatile, or of bicarbonate of soda, will be the best remedy. In all these cases it seems likely that the blood circulating in the brain is chemically affected by the defective action of the digestive organs. We sometimes find that the postponement of the customary evacuation of the bowels, for ever so short a time, will cause a sympathetic headache, and that this will be relieved when the evacuation has taken place,—a clear proof of the intimate relation between the head and stomach.

#### CONGESTIVE HEADACHE

Proceeds from a congested state of the vessels of the brain, an overfullness of blood or a weakness of the nerve forces, or from an excessive nervous irritability, which frequently affects the circulation. Whichever of these may be the cause, there is nearly always a dull pain over the whole of the head. When it arises from an overloaded condition of the vessels, there is usually a flushed countenance with bloodshot eyes and a flushed expression; we find, on inquiry, also a sluggish liver, congested brain, and a tendency to apoplexy or paralysis. A very effectual remedy for removing pain is: Five grains of acetanilid or a tablet containing acetanilid, camphor, and caffein.

A weak brain is generally a consequence of some long-standing discharge which has debilitated the whole system; and in this condition of things, if from any cause there is more than common flow of blood to the brain, there will be headache, with a pale, sallow countenance, and a languid pulse; frequently swelled feet, excessive fatigue on the slightest exertion, with palpitation of the heart, and increase of pain in the head. Here measures of depletion would be improper; we must soothe and sustain by means of sedatives and tonics, such as hemlock and quinine, either in the form of pills or mixture, as follows: Extract of hemlock, twelve grains; sulphate of quinine, twelve grains. Make into twelve pills, and give one three times a day; or, sulphate of quinine, twelve grains; sulphuric acid, diluted, twelve minims; tincture of hemlock, two drams; infusion of gentian, six ounces.

Take a tablespoonful three times a day. Good nourishing food will be required in this case; and stimulants, such as ale and wine, in moderation. Where the headache proceeds from

nervous irritability, the mode of treatment must also be soothing and strengthening ; but in this case we must avoid stimulants as much as possible ; tonics are best with plenty of fresh air and exercise, and all that tends to invigorate the system. A course of hydropathic treatment will generally be found effectual.

### RHEUMATIC HEADACHE.

This is commonly caused by exposure to cold, especially a draught of air ; the pain is chiefly confined to the back and front of the head, and is felt most at night, when the patient is warm in bed ; it is a remittent shifting pain, shooting from point to point, following the downward course of the jaw, whose muscles are commonly implicated.

**Treatment.**—Use light diet and abstain from animal food ; give attention to the clothing ; keep the body and feet warm and dry. When the pain is great, use hot fomentations or mustard plaster on the back of the neck, and give a gentle purgative at night. The following liniment is found very beneficial : Soap liniment, two and one-half ounces ; liquor ammonia, one-half dram ; laudanum, one-half ounce. Mix and apply to the part.

### PERIODIC HEADACHE,

(*Brow Ache, Brow Ague, or Neuralgia of the Head,*)

As it is variously called, is an intermitting pain, which comes on at periods more or less regular, and is confined to the brow. It will nearly always yield to full doses of quinine, especially if combined with hemlock.

### ORGANIC HEADACHE,

Resulting from actual disease of the head itself, is rare, and when it does occur, only a palliative mode of treatment can be adopted. Sedatives, such as opium and hemlock, may, for a time, relieve the most intolerable anguish, but they will not touch the disease itself.

Citric acid, or lemon juice, is often of great service in easing pain. Put a teaspoonful or two in a glass of cold water, and drink it. Lemonade has cured many cases of sick headache, as has also a tablespoonful of finely powdered charcoal, or of citrate of magnesia. Mix in a little cold water or milk.

**DISEASES OF THE HEART.**

The heart, from the important part it plays in the animal economy, is subject to various serious, and often fatal, diseases. The ear is the principal means of obtaining a knowledge of the state of the heart, and by auscultation and percussion we are enabled to detect the existence of various diseases. The heart gives out two sounds, known as the first and second, which are distinguished from each other. The first sound is longer than the second, and the interval between the first and second sound is shorter than that between the second and first. They have been compared to the two syllables, *lupp, dupp*. Any manifest alteration in these sounds is indicative of the existence of disease. They may be high or low, clear or dull, muffled, rough, intermittent, etc. Murmurs or regurgitant sounds may arise from disease of the valves. The power of distinguishing between the normal and abnormal sounds of the heart, and of the causes producing the latter, can only be obtained by lengthened experience. Diseases of the heart are usually divided into two classes: first, functional, or nervous; and second, structural or organic. Chief among the former are palpitations, syncope or fainting, and angina pectoris. They are chiefly to be met with in persons of a naturally nervous temperament, more especially women suffering from hysteria, or other like complaints, and may be induced by great mental excitement. In such cases great attention should be paid to the general health, using tonics, sea bathing, and gentle open-air exercise, and strengthen the system. Violent exertion, and strong mental excitement, are particularly to be avoided. Among the principal organic diseases to which the heart is subject are pericarditis, carditis, endocarditis, atrophy, hypertrophy, dilation, and valvular diseases.

**Treatment.**—In all cases of heart disease, the body and mind should be kept as easy and cheerful as possible. The diet should be well regulated,—nourishing but not stimulating. Coffee, tea, liquors, and tobacco must be dispensed with. The feet should be kept dry and warm, and occasionally rubbed with mustard.

For inflammatory diseases of the heart, the bowels, if constipated may be moved with compound tincture of jalap. To each dose add ten grains of cream of tartar. Keep up a perspiration till the pain is relieved by giving a teaspoonful of compound tincture of Virginia snakeroot; also a warm infusion of pleurisy root. Mustard plasters over the chest and spinal column are also to be employed. If the patient is troubled with sleepless-

pains in the head, back, and limbs; chills or shivering alternating with fever, thirst, a furred tongue, unpleasant taste, a dry, hot skin, and a quick pulse.

**Treatment.**—If the stomach is oppressed or overloaded, take an emetic: Flour of mustard, one ounce; warm water, half a pint. Mix. Take half of it, and if it does not act in fifteen minutes, take the other half; drink warm camomile tea to help its operation; when it has acted freely, take a mild purgative. When the bowels have acted freely, take the following: Tincture of aconite root, one drop in water every four hours, alternating with one drop tincture of belladonna, also in water.

### FEVER AND AGUE.

(*Intermittent Fever.*)

A fever is said to be intermittent when it consists of a succession of paroxysms, between each of which there is a distinct and perfect intermission from fever symptoms. Ague is of three kinds, called *quotidian* (the fit comes on about every twenty-four hours); *tertian* (or the fit comes on every forty-eight hours); *quartan* (or the attack comes on about every seventy-two hours).

**Causes.**—Living near or being exposed to stagnant water, especially in the hot weather; poor diet, great fatigue, sleeping in damp rooms or beds, wearing damp or wet linen, or being exposed long and often to a moist atmosphere, seem to dispose one to ague.

**Symptoms.**—The cold stage commences with a sense of languor and debility; frequent stretching and yawning, pain in the head and loins, sometimes sickness and vomiting, small, frequent, and irregular pulse, high colored urine. This is succeeded by a violent shivering and shaking, the patient feels very cold, and the breathing is frequent and anxious, sensibility is much impaired. After a time these symptoms abate, and the second stage commences with an increase of heat and fever all over the body, redness of the face, dryness of the skin, thirst, pain in the head, throbbing temples, the tongue furred, the pulse becomes hard, full, and regular; when these symptoms have continued some time, a moisture breaks out on the forehead, which by degrees becomes general all over the body, and the fever abates; the urine deposits a sediment; the breathing and pulse are more natural, and the attack is over, but leaves the patient in a weak condition.

**Treatment.**—In the cold stage, give warm drinks, such

ized by ebullition. *After the injection* the syringe must be washed at once with sterilized water in order to prevent the coagulation of the serum by contact with the disinfectant which has to be used again.

**The Patient.**—Although the serum is the essential agent in the treatment of diphtheria, the throat and the nares should be frequently irrigated with a sterilized solution of boracic acid. No local reaction follows the injection of antitoxine; general reaction frequently appears within twenty-four hours, sometimes accompanied by erythema. The temperature rises only one or two degrees and the pulse in children may attain 120 and 130. These phenomena are more apparent in patients who have been treated preventively with the antitoxine. The reaction rarely lasts more than twenty-four hours. A period of twenty-four hours generally elapses before a favorable result follows the injection, but in mild cases the improvement may appear within twelve hours, and in serious cases it may be delayed for thirty-six hours. It must be understood that if in the last mentioned class the treatment be postponed too long, instead of improving, the patient may not be benefited. In twenty-four hours after the injection the false membranes lose their gray appearance and become white. This decoloration is a good indication. Shortly after this change the false membranes become detached, a simple irrigation causes them to be expelled, and generally they do not reappear.

It is expedient to watch for the modification of the respiration caused by the sudden detachment of the false membranes, as they may cause obstruction of the air passages, and intubation or tracheotomy may be necessary. In those cases of croup in which operative treatment has been resorted to, the general and local improvement following the exhibition of the serum is rapid.

If engaged, the glands undergo a simultaneous improvement; instead of forming one solid mass they become distinct, and the oedema which surrounds them disappears.

The albuminuria so prevalent in diphtheria is prevented or much less marked when the treatment is adopted promptly.

The persistence of this symptom is a manifestation of the general systemic intoxication by the products of the bacillus diphtheriae, and is an indication for the continuance of the injections with the object of preventing further complications.

The latest statistics of the Paris hospitals, collected since the new treatment has been better understood and applied earlier, show that the death rate of diphtheria has been decreased from 50% and 60% to 12%.

will be want of vigor in the circulation, the muscular compression and extension will be weak and irregular, and the valvular action incomplete, so that the blood will frequently escape out of its proper channels, and these hemorrhages, although trifling in themselves, will so reduce the patient that he will probably be carried off by one of them. Abstinence from the exciting causes of the disease, rest, and nourishing diet, with strict attention to the general state of the health, are the means to be taken in this case.

### DIPHTHERIA.

Diphtheria is a very malignant and often fatal disease of the throat, which was first specially observed and described by M. Bretonneau, of Tours, in France, where it prevailed as an epidemic in 1818, though it doubtless has existed in the world from the earliest times.

**Symptoms.**—It is characterized by a peculiar inflammation of the mucous membrane of the throat, or pharynx, accompanied by the production of a false membrane. At first this membrane appears in the form of a white spot on the pharynx or tonsils, from which it gradually extends forward to the soft palate and into the nostrils, and backward into the oesophagus, sometimes into the larynx, but seldom into the trachea, producing at length suffocation. It is usually accompanied by a fetid discharge from the nose and mouth, and hemorrhage frequently occurs. There is usually, also, a low and dangerous form of fever with great depression of spirits, and rapid decrease of the patient's strength, which is still further accelerated by his inability to take food. There is no form of the disease, however mild to appearance, that is not attended with danger, and it is sometimes fatal in thirty-six hours, but more frequently in from three to twelve days. The disease is very dangerous, and should be taken in hand promptly before it gets thoroughly seated. It works rapidly and thousands of lives have been lost by not taking the disease in hand soon enough.

**Treatment.**—Diphtheria is a very depressing disease, and severe cases should not be treated by inexperienced persons. Mild cases may be successfully treated as here recommended, but it is always safest to have a good physician, as the disease works very rapidly and sometimes before we are aware of it the patient is beyond medical aid. Warm fomentations may be applied externally to the swollen glands in the neck. Camphor liniment is also a good external application. The fumes of burning sul-

# COLDS.

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Their Cause. How Avoided. Speedy Cure.

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The symptoms of a cold are so well known as to require no special reference.

CAUSES.—Colds are usually contracted by exposure to draughts of air, when the body is heated, and the sudoriferous or sweat glands are actively secreting moisture, which reaches the surface through the spiral pores which open upon the surface of the body. This moisture or perspiration is constantly secreted by the glands, and brought to the outside through the pores, and causes evaporation, which regulates the animal heat of the body. When the temperature is raised by active exercise or artificial heat, these pores or tubes become dilated to allow a freer removal of the increased secretion and more extensive evaporation upon the surface; this dilation always takes place gradually. In a hot day, or, after violent exercise, or when men are handling red hot iron in rolling mills, this moisture stands upon the face in large drops which unite and course down the body, sometimes making the clothing as wet as if dipped in water. These sweat glands and pores are not able to adapt themselves immediately to a changed condition; as they are opened gradually by the effect of heat, so they are closed gradually by exposure to a lower temperature. If the changes of temperature are more rapid than the ability of nature to equalize the temperature of the body, the system experiences a sort of shock, which is succeeded by the symptoms of a cold. The tubes bringing this moisture to the exterior of the skin are very numerous. There are twenty-eight hundred of these tubal openings on a single square inch of the body, and between two and three millions in all. It is in consequence of this evaporating surface that the bodily temperature remains in health at ninety-eight and three-fifths the whole year around.

# COUGHS.

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## THEIR CAUSE. HOW TO CURE.

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A cough may be the result of various conditions, but one of the most common causes is a severe cold upon the lungs. The air passages are lined by a thin, delicate mucous membrane which contains secreting glands, which in health secrete a small amount of fluid mucus to assist the air in passing in and out of the alveoli of the lungs without annoyance or friction. If for any reason, as taking a sudden cold, this secretion is checked, the air passages become dry and inflamed, and produce a disagreeable sensation which patients sometimes call a smarting of the lungs. This state of dryness lasts usually but a short time, and is followed by a secretion many times more abundant than natural. This increased secretion, owing to inflammation of the mucous glands, is catarrhal in character, and acts as a constant irritation. It is often thick, yellowish in color, and raised with difficulty. A persistent cough is nature's desperate remedy to expel the hardened, thick, offending mucus, just as if a bread crumb or some other foreign substance was in the windpipe. By fits of coughing nature endeavors to obtain relief. This offending substance must be removed, and nature has only two methods, one to throw it up by coughing, the other to absorb it into the circulation; the former method is much more desirable than the latter. When a catarrhal cold is yielding to treatment the mucus becomes loose, is easily detached and readily expelled, all the symptoms become more favoring, and the cough less racking and severe. As the secretion is gradually reduced to the normal, the inflammation and irritation subside, the cough more and more disappears. When the mucous secretions are tough and raised with great difficulty, the cough is distressing, and loosening remedies or expectorants should be administered. The following are serviceable: Syrup of ipecac, one teaspoonful as needed, for adult, or syrup of senega, one

# PNEUMONIA.

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## LUNG FEVER.

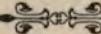
Pneumonia is an acute inflammation of the lung structure involving not only the vascular tissues but also the air cells.

**CAUSES.**—The specific cause of pneumonia is not fully determined. Taking cold is not regarded as sufficient to produce this common and often fatal disease. Whatever debilitates the system may act as a predisposing cause. Persons suffering from malarial poison, the grip, and acute diseases are liable to attacks of pneumonia. Age, intemperance, climatic changes, impure air, and other similar factors, may be regarded as agents in its production.

The real cause of this disease is thought by many to be due to an altered state of the blood, whereby it contains disease-producing elements which depress the vitality of the system by their unfavorable action upon the nerve centers. Whether this morbid material is due to a specific disease germ has not been fully established.

**SYMPTOMS.**—The onset of pneumonia is sudden and the first notable symptom is usually a chill perhaps accompanied by headache and pain in the back or limbs. In a short time the chill is followed by fever, pain in the chest, shallow, rapid, and painful breathing and a short hacking and suppressed cough. If the ear is placed over the chest a crackling sound is heard which can be imitated by rolling a hair between the thumb and fingers. The portion of lung involved is congested with blood in the first stage, which causes a serious obstruction to the circulation; the heart is thus embarrassed in doing its work. The products of inflammation are pressed out into the air cells. In about two days after the onset of the disease, the disabled portion of the lung solidifies and percussion gives a dull sound. The temperature is much elevated, the urine is scanty and high colored. The patient wears an expression of anxiety and dis-

# LA GRIPPE.



## CATARRHAL FEVER. INFLUENZA.

This is an acute disease prevailing over wide sections of country, and attacking a large per cent. of the inhabitants at about the same time. Its chief characteristic is its depressing effects upon the vitality.

### HISTORY.

Within the space of a few weeks in 1890 this disease prostrated hundreds of thousands in Europe and America, enormously increasing the death rate, and leaving many of its surviving victims in a condition of pronounced debility for many months.

For a time it closed factories and workshops, it checked business, and obstructed the prosecution of many enterprises. The serious character of this disease was but little regarded, until its widespread results began to be estimated, and its fearful death rate computed. The return of this disease in full force in the winter of 1891 and 1892 adds further to the deep interest it has awakened, and all classes of the people are asking questions concerning its origin, history, and treatment.

It is not a new disease, for it has swept around the world many times, and left behind the records of its occurrence in the medical literature of the past centuries.

The French gave to this epidemic disease the name of "La Grippe," in the year 1773, and the Italians two centuries earlier called it the "Influenza." There are means of knowing that it was prevalent in Europe as far back as the fifth century, and its course around the world has always been from east to west. It travels with great swiftness, as upon the wings of the wind; it was only six weeks in reaching New York after its appearance in Russia.

There is a striking analogy between this disease and the noted epizoötic which prevailed among the horses in 1872. So

# WOMANHOOD + MOTHERHOOD.

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## COUNSEL AND TREATMENT.

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Medical science has made wonderful advancement during the past few years in the treatment of those special ailments peculiar to the female sex.

In almost all derangements of this kind immediate relief and generally permanent cure can be effected through the recent discoveries and improved methods of investigation and treatment.

Married ladies and others in mature life suffering from any of these many abnormal derangements can secure great relief and, in many cases, permanent cure through safe remedies and simple methods if properly understood. Young women and girls can be saved from serious trouble and life-long misery by following the advice given within these lids. Errors and exposure committed through carelessness and ignorance bring serious penalties.

These manifold diseases and derangements are better understood to-day and more intelligently treated and with greater success than at any former period in the history of medicine.

Some of the greatest minds of the profession throughout the civilized world have made a special study of these cases. We to-day have the benefit of their experience, wonderful discoveries, and improved methods of treatment.

Under the light afforded us at the present time there is much that a woman can do for herself without the aid of a physician. Every afflicted woman will hail with joy the glad tidings of relief from the chains of misery which have so long held her in bondage.

# WOMANHOOD & MOTHERHOOD.

## COUNSEL AND TREATMENT.

Women, in addition to the diseases incidental to both sexes, are subject to a number of complaints.

We shall treat the principal forms of disease and suffering that commonly affect the women of civilized life.

### MENSTRUATION.

Menstruation or the monthly flow takes place, generally, between the fourteenth and sixteenth years of age, sometimes as early as eleven or twelve. A considerable period may elapse between the first and second appearance ; but, when they are properly established, their recurrence at regular periods may be calculated on with great certainty, unless some functional derangement of the system interferes with them. Ordinarily, a lunar month of twenty-eight days is the intervening period ; but with some women the discharge occurs every third week. The discharge resembles blood in color, but it does not coagulate. The quantity is from three to five ounces, and the process occupies from three to seven days.

The cause of this monthly flow is the ripening and expulsion of the egg from the ovaries.

*"Omne vivum ex ovo"* (every living thing comes from an egg or germ) is the universal law of reproduction. This can be shown as well in the vegetable as in the animal kingdom. The oak from the acorn, the ear of corn from the grain planted by the farmer, the robin and the elephant, all springing from germs, go to prove the truthfulness of this law. Every seed, every egg, contains a germ, which, when brought under proper influences, will produce its own kind. Thus far all is plain enough, but where do these germs originate ? It has been ascertained that each animal, as well as each plant, is provided with an organ for the production of these cells or germs. In the female, this organ is the ovary. The ovaries are two in number—small, oval bodies, about one inch in length, a little more than half an inch in

breadth, and a third of an inch in thickness. Each ovary is attached to an angle of the womb, about one inch from its upper portion, by a ligament. The whole physiological function or duty of the ovary is to mature and deposit its ovum or egg every twenty-eighth day, from the age of fifteen to that of forty-five, or for about thirty years. This function is suspended only during pregnancy and nursing, but sometimes not even then. There are cases on record where the woman has had her courses regularly during the time she was pregnant, and there are many with whom lactation does not at all interfere. During the ripening and discharge of the ovum into the canal or tube which conveys it into the womb, the generative organs become very much congested, looking almost as if inflamed. This congestion at last reaches such a height that it overflows, and produces a discharge of blood. As soon as the flow commences, the heat and aching in the region of the ovaries, and the weight and dragging sensation, diminish and gradually disappear. Menstruation consists merely in the ripening and discharge of an ovum which, when not impregnated, is washed away by the menstrual blood. It will be seen that a woman can become pregnant only at or near the time of her menses. The marvelous regularity of menstruation has always excited great wonder. When we look around, we see that both animal and vegetable life have stated and regular times at which germ production takes place. Fruits and vegetables ripen, and animals produce their young, at certain periods. It is a law of nature. Now, since we have shown that menstruation consists in the ripening and regular deposit of an egg—the flow being but the outward visible sign of such an act—it is possible that a woman may menstruate without having any show. To prove this, there are many cases on record where a woman has married and become pregnant without having had the least show, which would be impossible if she did not menstruate. Again, a woman who has always been regular may have several children, without in the mean time having had any sign. This may be explained by her becoming pregnant during the time she was nursing her first child, carrying it to the full term, again becoming pregnant, and so on, until, being no longer impregnated, her courses return, and are regular thereafter.

Menstruation commences at about the age of fourteen or fifteen in this country. In warmer climates it appears earlier, and in colder ones later. Menstruation, menses, courses, cata-menia, monthly periods, and "being unwell," are some of the

terms by which this function is designated. Those who are brought up and live luxuriously, and whose moral and physical training has been such as to make their nervous systems more susceptible, have their courses at a much earlier period than those who have been accustomed to coarse food and laborious employment. The appearance of the menses before the fourteenth year is regarded as unfortunate, indicating a premature development of the organs; while their postponement until after the sixteenth year is generally an evidence of weakness, or of some disorder of the generative apparatus. If, however, the person has good health, and all her functions are regular; if her spirits are not clouded, nor her mind dull and weak, it should not be considered necessary to interfere to bring them on, for irreparable injury may be done. The first appearance of the menses is generally preceded by the following symptoms: Headache, heaviness, languor, pains in the back, loins, and down the thighs, and an indisposition to exertion. There is a peculiar dark tint of the countenance, particularly under the eyes, and occasionally uneasiness and a sense of constriction in the throat. The perspiration has often a faint or sickly odor, and the smell of the breath is peculiar. The breasts are enlarged and tender. The appetite is fastidious and capricious, and digestion is impaired. These symptoms continue one, two, or three days, and subside as the menses appear. The menses continue three, five, or seven days, according to the peculiar constitution of the woman. The quantity discharged varies in different individuals. Some are obliged to make but one change during the period, but they generally average from ten to fifteen.

It is during the menstrual period that the system, especially of young persons, is more susceptible to both mental and physical influences. Very much depends upon the regular and healthy action of the discharge, for to it woman owes her beauty and perfection. Great care should therefore be used to guard against any influences that may tend to derange the menses. A sudden suppression is always dangerous; and among the causes which may produce it may be mentioned sudden frights, fits of anger, great anxiety, and powerful mental emotions. Excessive exertions of every kind, long walks or rides, especially over rough roads, dancing, frequent running up and down stairs, have a tendency not only to increase the discharge, but may produce falling of the womb.

The quantity and duration of the monthly flow varies greatly in different women, but the regular recurrence of the

flow is important to health. This should be borne in mind, and due care taken not to suppress the discharge by exposure to cold or wet, or by violent exertion of any kind about the time when it may be expected. It is desirable that young females should be properly informed by their mothers, or those under whose care they are placed, of what may be expected at a certain age, or they may be alarmed at the first appearance of the menses, taking it to be some indication of a dangerous disease or injury, and perhaps, by mental agitation, or a resort to strong medicines, do mischief to themselves.

*Delayed or Obstructed Menstruation.*—If the menses do not appear at the usual age or for some years after, no alarm need be felt, provided there are no constitutional derangements which can be attributed to this cause. If the girl has not developed about the hips and breast, and feels not the changes peculiar to this period, it would be very injurious to attempt to force nature. If, however, she is fully developed, and her general health suffers, a course of treatment will be necessary.

*Causes.*—An undeveloped state of the ovaries; an impoverished condition of the blood; or the womb may be closed.

*Symptoms.*—Discharges of blood sometimes occur from the nose, mouth, and gums, or from the stomach and bowels. Unnatural heats and flushings, headache, tendency to faint, and hysterical symptoms are common.

*Treatment.*—The patient must be very attentive to her diet. Much exercise should be taken in the open air. Avoid late hours, rich food, and exciting pursuits. If the retention is caused by some special condition of the system, use the means directed under the several heads. If from a mechanical cause, a physician must be consulted. Where it results from defective action of the ovaries, give the following: Carbonate of iron, one dram; extract of gentian, one dram. Mix and make into thirty pills. Dose, one pill two or three times a day.

*Suppressed Menstruation (Amenorrhœa).*—Suppression is the stoppage of the menses after they have been once established. It may be either acute or chronic.

*Causes.*—Sudden cold, wet feet during the flow, "fear, strong emotions, anxiety, or any cause that affects the general health. Chronic suppression may result from the acute, or from defective nutrition of the organs; from the early termination of menstrual functions, or from weakness occasioned by leucorrhœa.

**Symptoms.**—The symptoms usually present are those mentioned in delayed menstruation, but in a more aggravated form. In chronic suppression, failure of the general health, loss of appetite, pains in the head, back, and side, and constipation, are the usual symptoms. At the regular periods when the menses ought to appear, there will be great excitability, and an aggravation of the above symptoms. With those of full habit, there will be a strong, bounding pulse, with acute pain in the head, back, and limbs; with the feeble, extreme languor, trembling, shivering, and pale visage.

**Treatment.**—Care must be taken when pregnancy is not the cause of the stoppage, or the health may be seriously injured by treatment. Where the flow has stopped suddenly from exposure, the patient may take warm drinks, salient aperients, till the bowels are opened; have hot bran poultices applied to the lower part of the abdomen; immerse the feet and legs in hot mustard water. If the pain is extreme, take an opiate draught every four hours. The patient must be kept as quiet as possible. If the flow fails to appear, wait until the next period and use the hip bath a few days before the period. The bath should be made more stimulant by the addition of a little mustard; and, on every occasion, active friction with dry coarse towels should be used. Also give the following, which seldom fails if persisted in: Barbadoes aloes, one dram; sulphate of iron, one dram; powdered cayenne, one-half dram; extract of gentian, one-half dram; simple syrup, sufficient quantity. Mix and make into sixty pills. Dose, one pill night and morning.

The warm hip bath should be used about the proper period of menstruation; and it would be well to give some uterine stimulant, such as a mixture composed of spirits of turpentine, made into an emulsion with yolk of an egg, sugar, and essence of juniper, about six drams of the first and one of the last, in a six-ounce mixture, one ounce to be taken three times a day. Attempts to promote the discharge in any case must not be prolonged much beyond the menstrual periods, between which all possible means must be taken to strengthen the system,—good diet, plenty of active exercise, the use of the shower bath, or cold or tepid sponging are proper remedies.

If the amenorrhœa proceeds from a want of energy in the uterine organs as is often the case after frequent miscarriages, childbearing, inflammation, leucorrhœa or "whites," there will probably be the usual signs of menstruation, followed by a

white discharge only, and accompanied by acute pain at the bottom of the back, vertigo, and hysteria. Weakly young women, before the appearance of the menses, and elderly ones, at the time of cessation or "change of life," as it is commonly called, are often so affected. In such a case we prescribe hot baths and tepid injections, pills of sulphate of iron and aloes; or powdered cubeb, from a scruple to half a dram; good diet and a recumbent position as much as possible during the periods.

*Painful Menstruation (Dysmenorrhœa).* This is the rule with a few females. It does not seem to be in any way connected with the quantity of the discharge, and continues during the whole process. The discharge is often thick and membranous, and sometimes has in it clots of blood.

**Treatment.**—Use the warm hip bath and friction; fomentation of the parts with warm water; diluent drinks, saline aperients, and a spare diet; also, injection of warm water high up into the vagina; and take the following remedy: Sweet spirits of niter, one ounce; morphia, three grains; simple syrup, four ounces. Mix. Dose, one teaspoonful every half hour till relieved.

*Profuse Menstruation (Menorrhagia).*—This appears either in the too frequent return or too long continuance of the periods.

**Causes.**—This is in consequence of overexertion, luxurious living, insufficient exercise, or excesses of any kind, weakness, frequent miscarriages, sexual excesses, protracted lactation, or anything which will produce a condition of congestion.

**Symptoms.**—It is generally accompanied by pain across the loins, great languor and debility, throbbing of the temples, headache, and vertigo. When there is much hemorrhage, there is an aggravation of these symptoms.

**Treatment.**—Sponge the loins with vinegar and water, use the hip bath, with a little salt in it, to strengthen the system and avoid all enervating influences. Use cold vaginal injections, between the periods, with alum or opium in them, or the latter with gallic acid, about a dram of each to a quart of water. Keep the feet warm, but let the loins be lightly covered; take gentle exercise, bitter ale, and tonics, especially iron. To check profuse hemorrhage use the fluid extract of ergot in half dram doses every two or three hours till relieved, and keep quiet.

*Cessation of Menstruation.*—Cessation gives notice that the period of childbearing is past. With females of our age and country, the courses commonly continue up to the age of from forty to fifty; sometimes they cease at about thirty-five, and in a few instances have been known to continue up to the age of sixty. This cessation marks what is commonly termed the change of life in women, and with those of average health it occasions little or no disturbance of the general system. There may be flushings of the face, and a sense of fullness in the head, with occasional giddiness; but with those who are weak and nervous, or suffering from organic disease, we generally see a marked change at this period. With most persons the stoppage of the menses is a gradual process,—the quantity decreases, or the intervals become protracted, and by and by disappear; with some the cessation is sudden and complete.

Women generally consider this an eventful period of their lives, and attribute all sorts of wonderful effects to it; but we cannot learn that a sickly constitution was ever renovated, or a strong one ever broken down, in consequence of the change; indeed, fewer women than men die at the age when it usually takes place. Diseases of the genital organs, and of the breasts, which are sympathetically associated with them, require special attention at this time, as they are likely to be stimulated into activity. When there are no complications of disease connected with the change, little or no medical treatment is required. It is best to observe an abstemious diet, and to keep the bowels open. Dissolve two ounces of Epsom salts in a pint of warm water, add one dram of essence of peppermint, and take a wine-glassful every morning, or twice a day if required. If there is flatulency or hysteria, add to each dose twenty drops of the fetid spirits of ammonia, or the same of ether.

#### *Eclectic Treatment.*

The general treatment is the same as before mentioned. On the first appearances of the menses, let the greatest care be exercised over the health; let nothing check the natural flow. Colds taken at this time are very dangerous, and may result in delicate health, barrenness, and even death.

For suppressed menstruation, as soon as possible use the tepid footbath. Then retire to a warm bed, and take every hour or two a teacupful of warm herb tea made from the root of bervine. If this is not successful, give a little pulverized man-

drake root, with a little cream of tartar, on an empty stomach ; after which pennyroyal or motherwort tea may be drunk freely. For profuse menstruation, the patient should assume the recumbent position, with the hips elevated as much as possible, on a hard bed, in a cool room. Bathe well the lower part of the abdomen with cold water or vinegar. From thirty to forty drops of elixir of vitriol may be taken, in a glass of water, two or three times a day.

In painful menstruation, great benefit is received from the use of the warm bath ; and apply hot water in bottles to the whole surface of the abdomen, with hot bricks to the feet ; or apply a hot poultice or fomentation of hops, and take the following : Pulverized camphor, twenty-five grains ; macrotin, twenty-five grains ; ipecac, eight grains ; cayenne, three grains ; opium, twelve grains. Mix, and make into twenty-four pills, and take one pill every two, three, or four hours, according to the urgency of the case.

#### THE WOMB.

This important organ is situated in the cavity of the pelvis,—from whence, when distended in pregnancy, it rises into the abdomen. It is of a flattened pear shape, and is held in its place by elastic ligaments. In its natural state it is about three inches in length by two in breadth across the broadest part, and one in thickness. At the period of puberty it weighs about one and a half ounces ; after parturition, from two to three ounces ; and in the ninth month of utero-gestation, from two to four pounds. It is supplied with glands, vessels, and nerves, the latter of which constitute an extensive network over its entire surface.

The ovaries are two in number — one on each side of the uterus. They are nearly as large as the male testicles, and perform a corresponding function. When the egg (or ovum) has been perfected in the ovary, it is seized by the extremity of one of the Fallopian tubes, and conducted to the uterus.

*Falling of the Womb (Prolapsus Uteri).*—This is the falling of the womb from the weakening of its membranous supports, and the pressure of the viscera above, generally increased by tight lacing and the pressure of the clothing sustained by the abdomen. Constipation, and the daily effort to expel the contents of the rectum and straining, aid in the production of this trouble. These causes, all acting together, press the uterus down until it sometimes comes out externally. Even young girls, from

eighteen to twenty years old, may have falling of the womb from these causes.

**Treatment.**—Avoid tight corsets and heavy skirts; suspend the undergarments from the shoulders and not from the waist, as is usually done; avoid fatigue; use the cold hip bath; use plain vegetable diet, and avoid tea and coffee, spirituous drinks, etc. If the womb has descended to the external orifice, it is often necessary to restore it to its natural situation by pressing it upward and backward.

When the womb has passed completely out of the vagina, the parts sometimes become suddenly so swelled that it would be impossible, as well as improper, to return them before the inflammation is reduced. Ice water, or warm fomenting poultices of hops and flaxseed, may be applied until the swelling and pain subside; the *l*, with the hand well oiled, and the patient's hips well elevated upon a cushion or pillow at the edge of the bed, the organ is to be passed carefully within the vagina, and restored to its natural situation. The bowels and bladder must be regularly evacuated; but the patient should not be allowed to rise for several days, and should even then assume the upright position very gradually and cautiously. Injections composed of the following ingredients may be used:—

Take one dram of alum, and dissolve it in half a pint of clear water; two ounces may be injected into the vagina by means of a syringe. This operation should be repeated daily for a week or more,—the syringe being always well lubricated with lard or sweet oil, and introduced without pain.

If there is much sensibility use from thirty to forty drops of laudanum in the injection, and repeat the operation daily till it is removed. If there are frequent relapses, a pessary must be worn.

The womb is also liable to fall either backwards (*Retroversion*) or forwards (*Anteversion*), but the treatment of these conditions must be confided to an experienced physician.

*Inflammation of the Ovaries (Ovaritis).*—This disease is characterized by pain, heat, swelling, perhaps redness, in one or both groins. It is to be treated as any other inflammation—sitz-baths, with rest, and a strict diet. The bowels must be occasionally opened by a gentle aperient, as castor oil. Injections of tincture of belladonna and hyoscyamus are very useful and soothing.

*Inflammation of the Womb.*—The treatment is the same, with the addition of injections, both to the rectum and vagina, cold if they can be borne, or with the chill off.

The ovaries, uterus, and Fallopian tubes are so closely connected in situation and function that they are generally inflamed together. The cause may be weakness, causing a local determination of some general disturbance, such as cold or irritation of these organs. It usually follows childbirth, abortion, or excessive and violent sexual intercourse.

*Ulceration of the Neck of the Womb.*—Ulceration of the neck of the womb is produced by corroding discharges and the irritation of continual sexual intercourse. It is readily cured by abstinence, vaginal injections, and direct application to the parts of a strong solution of nitrate of silver once in five or six days; or by the ulcers being touched with solid nitrate of silver once in five days.

*Flooding (Uterine Hemorrhage).*—This commonly occurs after abortion or labor, or it may be occasioned by disease of the womb. Immoderate flow of the menses is also called flooding, and to this some women are very subject. It is extremely weakening to the system and therefore should be checked as soon as possible.

**Treatment.**—The best treatment is perfect quiet, and astringent and tonic medicines like the following: Tincture of the sesquichloride of iron, two drams; infusion of quassia, six drams. Mix, and take a tablespoonful every four hours. If there is much pain and irritation, add tincture of conium, or hyoscyamus, two drams. (See treatment of Profuse Menstruation.) Should this not have the desired effect, consult an experienced physician, as there is reason to fear disease of the womb.

*Cancer of the Womb.—Symptoms.*—Sudden, shooting pain through the abdomen, which disappears entirely, or leaves after it a dull aching or gnawing sensation, accompanied by discharge of a fluid which is sometimes pale and thin, but soon becomes thicker, yellower, perhaps streaked with blood, and very offensive, is suggestive of cancer. This pain is gradually rendered more severe and almost constant, and an exhausting hemorrhage sets in, perhaps continuing until checked by fainting. In other cases, a burning heat, followed by a fetid discharge of matter which is mixed with streaks or spots of blood, is experienced.

**Treatment.**—Cleanliness, fresh air, plain, nutritious diet, regulation of the bowels, and tranquillity of mind, are all that can be recommended in a work like this. The woman who has the misfortune to be visited with this affection, must resolutely

determine to retire from the active duties of life, and abstain from indulgences which would excite her passions and increase the circulation of blood. Bland, soothing nourishment, and local applications, are all that can be administered until she can have judicious and experienced medical assistance. Her bowels should be kept open ; the fetid and erosive discharges should be washed away by antiseptic injections as carbolic acid water or a solution of chloride of lime.

*Polypus of the Womb.*—When a woman has been wasting away for some time with copious hemorrhages, and the remedies recommended under the head of Flooding have been faithfully but unsuccessfully tried, there is great reason to suppose that she has a polypus, and medical advice should be at once procured. Formidable as the last two diseases are, they are not always beyond the reach of surgery.

*Whites (Leucorrhœa).* There is no disease so common among women as this complaint. Few married women, particularly if they are mothers, escape its attacks. Very generally this troublesome discharge is associated with general debility, especially if profuse for any length of time. Hence it is very desirable that attention should be paid to it at the commencement ; for, if neglected, it may seriously impair the constitution.

*Causes.*—Overexertion and irritation of the uterine organs. It may also be brought on by diarrhoea, piles, worms, irritation of the bladder or of the nervous system, excessive sexual intercourse, miscarriage, abortion, and displacement of the womb. Weakness, too, is a cause as well as a consequence of this affection ; confinement in a warm atmosphere and luxurious living must likewise be numbered among its exciting causes.

*Symptoms.*—In leucorrhœa the discharge is commonly white and thick. After a while the color will perhaps change ; sometimes the discharge will become very acrid, causing abrasion and smarting. In this stage it is apt to cause a gleety discharge from the urethra of one having sexual intercourse with the patient. Ere long if the disease is not checked, we get great local irritation and constitutional disturbances : there will be costive bowels, pains in the loins and back, great lassitude, with nervous and hysterical affections. Menstruation, too, will be irregular, at one time being altogether suspended, and at another too abundant.

*Treatment.*—If the patient is of full habit, saline aperients should be taken, and a spare diet observed ; local ablutions should be practiced three or four times a day, using occasionally

a decoction of poppies for the purpose ; the hip bath, and an injection of alum and water, with a scruple of powdered opium in each pint, will also be found serviceable. The recumbent position should be preserved as much as possible, and the parts kept cool. Local treatment will be of little avail in cases of long standing unless the general health be attended to. To keep the bowels open, take five grains of compound rhubarb pill as often as required ; and to strengthen and cool the system the following mixture : Sulphate of iron, twelve grains ; diluted sulphuric acid, one dram ; sulphate of magnesia, three drams ; cinnamon water, twelve ounces. Mix, and take two tablespoonfuls two or three times a day. In obstinate cases there should be an injection into the vagina, of a solution of alum and sulphate of zinc, three drams of the former to one of the latter to a pint of water ; three or four ounces to be thrown up while the patient lies with the hips rather elevated ; this position to be retained for some time, with the parts covered by a cloth or sponge, so that the fluid may be kept in. If there is itching and irritation of the parts, it may be allayed by an injection composed of carbonate of soda, two drams, in a quart of water. If the simple alum and zinc injection proves ineffectual, add a dram of powdered catechu to each pint, or use decoction of oak bark as a vehicle for the above salts.

Women who have leucorrhœa should avoid all predisposing causes, such as wines and other stimulants, luxurious living, and sensual indulgences of all kinds, especially, and anything which has a tendency to enervate and enfeeble the frame. Early rising and regular open-air exercise, warm and comfortable clothing, good food and tonic medicine, with the use of the shower bath and bathing — these will prove the best preventives.

#### *Eclectic Treatment for Womb Diseases.*

Use every means to improve the general health. Avoid hot rooms, excessive exertion, and strong tea and coffee. A decoction of the roots of comfrey boiled in milk, is highly recommended. Take a teacupful three or four times a day. Injections of alum water or decoction of oak bark are very good. A preparation of one ounce of tincture of aloes, and two drams of muriated tincture of iron, well mixed, and forty drops taken three times a day in a little water, has been found of great advantage.

For falling of the womb, an infusion of white-oak bark, or an infusion of equal parts of peach leaves, Solomon's seal, and

hops, as an injection, will produce excellent results. Where heat and difficulty in passing water exists, give a drink of infusion of marshmallow and spearmint.

### PREGNANCY.

Utero-gestation, or the period from the time of conception to that of delivery, extends over a space of forty weeks, or two hundred and eighty days. In making the necessary provision for the coming on of labor, it is best to calculate from midway between the last occurrence of menstruation and the one which would have followed if conception had not taken place, and allow nine calendar months from that time. Thus, if menstruation had taken place on the first of January, labor might be expected some time about the middle of October.

*The Signs of Pregnancy.*—The chief signs of pregnancy are as follows:—

1. *The Cessation of the Menses.*—This is by no means an unfailing sign, for sometimes this discharge will cease from other causes, and sometimes it will continue after conception has taken place.

2. *Morning Sickness.*—This generally commences about the fourth or fifth week and lasts to about the fourth month. With some this is but slight, and causes little inconvenience; but with others it is more continuous and serious, sometimes causing the rejection of nearly all food for a very considerable period. This symptom, again, cannot be taken as a proof of pregnancy; it is merely a suspicious circumstance, to be watched in connection with others.

3. *Enlargement of the Breasts.*—They generally increase in size about two months after conception. They also become tender and sore; they throb and burn, and, when pressed by the hand, have a hard, knotty feeling, in consequence of the swelling of the glands by which the lacteal fluid is secreted. The nipple, also, becomes more prominent, and increases in diameter, while the areola around it assumes a purplish tinge, and has on it several little raised pimples of a yellowish white color.

4. *Enlargement of the Womb and Abdomen.*—In the fourth month, this becomes very perceptible,—the womb, which may now be felt in a firm, rounded body, having ascended above the pubes, and pushed the bowels up into the abdomen.

5. *A Tendency to Flatulency.*

6. “*Quickening.*”—This is the mother’s first perception of the second life within her. There is at first, probably, a very

slight tremulous motion, like a mere pulsation. This, day by day, grows stronger, until it becomes quite distinct, often painfully so. It is as though the child, to use a scripture phrase, "leaped in the womb." These movements can be distinctly felt by the hand placed upon the abdomen.

There are other and less obvious signs which only the professional man would be likely to detect. All may notice, however, the change which generally takes place in the countenance. The mouth and eyes seem to enlarge, and the nose becomes what is generally termed more or less "pinched up." There is an alteration, too, in the color of the eyes, which become somewhat paler, —especially is this perceptible if they are blue eyes. Then the patient is generally fidgety, peevish, and restless, exhibiting a high degree of nervous irritation; she has odd fancies, and longings after out-of-the-way things and articles of diet, which should be procured for her if possible. At such a time she requires soothing and humoring; harsh and unkind treatment will be likely to have a most injurious effect, both upon her and her offspring.

*Conduct during Pregnancy.*—A pregnant woman should be aware that the advantages obtained by well-regulated habits are by no means exclusively conferred on her, but that others equally important are likewise conferred on the child, for whom a larger supply of nutrition, and of a better quality, will thus be provided; and so its career of life will commence strong, vigorous, and less liable to those morbid debilities and derangements which affect the children of the indolent, the pampered, or the debauched.

From the moment, therefore, that conception has taken place, a new and most sacred duty devolves upon the female. She is bound by all the ties of maternal sentiment, of humanity, and of moral and religious obligations, to protect the being in her womb against every circumstance, under her control, which might have an unfavorable influence on its delicate organization.

*Diet during Pregnancy.*—The peculiar tendency to irritation in pregnancy renders it especially proper to avoid undue excitement. Moderation and simplicity of food is especially proper in this case. As the appetite is frequently very craving during this period, an inordinate indulgence in rich and high-seasoned food is among the most common errors; and this mistake is the more readily fallen into from the erroneous idea which many entertain, that, as the foetus draws its nourishment from the maternal system, a greater quantity of aliment is required in pregnancy. The exercise of caution in the selection of proper food

appears to be particularly important towards the termination of gestation. When the stomach is in a weak and irritable state, oatmeal, the lean part of mutton, tender beef, soft-boiled eggs, and stewed apples constitute appropriate articles of nourishment. But it is always to be recollected that the temperate use of food is of more consequence than the selection. Coffee and tea may be moderately used; but alcoholic drinks should be studiously avoided. The temptation to indulge in small potions of cordial, or brandy, in the early months of gestation, is often very strong; but it ought to be firmly checked, or the deplorable habit of solitary dram drinking may be the result of indulgence.

The sensibilities of the stomach, in some instances, undergo extraordinary derangement, especially in weak and delicate women. Articles of food which, previous to pregnancy, were very grateful and congenial, become highly disagreeable, and an almost irresistible craving for singular and even disgusting substances is experienced. This remarkable irregularity of the appetite is usually called *a longing*. If the substances longed for be not evidently of an injurious character, they should not be withheld; in some instances, these longings may be regarded as instinctive calls of the stomach for articles favorable to the health of the individual. Thus, when a strong desire for eating chalk, charcoal, or clay is manifested, we are admonished that the digestive powers are feeble and that there is a tendency to acidity in the stomach. In such cases the means of relief are alkalines, mild laxatives, and tonic vegetable bitters.

*Dress and Exercise.*—The custom of wearing corsets during gestation cannot be too severely censured. It gives rise to functional disorder of the stomach and liver, as well as to uterine hemorrhage and abortion in the mother; it likewise impedes the regular nourishment of the foetus in the womb. The clothing should always be sufficient to protect the body against the injurious influence of cold; the abdomen and feet especially should be guarded against injury from these causes. In winter, or cold and damp seasons, the use of a flannel bandage or roller around the abdomen will be found very beneficial and comfortable. All kinds of agitating exercise, such as riding in carriages with rapidity over rough roads, dancing, lifting or carrying heavy loads,—in short, all masculine and fatiguing employments whatever, ought to be avoided by pregnant women; and the more so as gestation approaches the term of its regular completion. During the eighth and ninth months of pregnancy unusual exertion or fatigue is particularly apt to excite premature labor.

Riding in an easy carriage on even roads, or moderate walking, may be enjoyed with great propriety, and usually with obvious advantage during gestation.

*Moral Influences.*—Tranquillity and cheerfulness of mind are of prime importance during pregnancy. Convulsions, severe hysteria, spasms, syncope, hemorrhage, and abortion may be produced by violent anger, terror, or jealousy, during pregnancy. Intense grief will occasion debility, indigestion, jaundice, and various other functional disorders. A strong excitement of the imagination is supposed by some to be capable of producing impressions on the foetus in the womb.

*The Breasts.*—The breasts and nipples should be particularly attended to during the latter months of gestation, in order to prepare them for suckling the infant. For some weeks before the expected termination of gestation, the nipples should be daily washed with lukewarm water, then dried by exposing them to the free air, and afterwards gently rubbed for five or six minutes with a soft piece of flannel, or with the extremities of the fingers. When the skin of the nipples is very delicate and sensitive, they may be washed with brandy and water, or a wash composed of two drams of the tincture of myrrh, one dram of laudanum, and two ounces of water. In using this, the nipples should be first bathed with lukewarm water, and dried and rubbed as before directed, and then washed with the lotion. Compression of the breasts by corsets, or any other other artificial means, is carefully to be avoided. When the nipples are very small, or sunk in the breasts, they should be drawn out by means of a suction pump with a common clay tobacco pipe. This process should be repeated several times daily, until they have acquired a sufficient degree of prominence.

#### DISEASES OF PREGNANCY.

*Morning Sickness.*—This complaint is sometimes very troublesome and obstinate.

*Treatment.*—The patient should have breakfast in bed, and remain in a recumbent position for some time after. Small lumps of ice put into the mouth and allowed to dissolve will sometimes give relief. Give, if the sickness is troublesome, three times a day, a mixture composed of one scruple of bicarbonate of soda, dissolved in a wineglassful of water. Take, while effervescent, with a tablespoonful of lemon juice.

*Constipation.*—During the latter months of pregnancy con-

# CHILDREN.

## CARE, DISEASES AND TREATMENT.

In most cases, the child begins to breathe and cry as soon as it is ushered into the world. This, however, is not always the case. Many children manifest no signs of animation when born, who may, nevertheless, be re-animated by prompt and judicious management. When this state of apparent death depends on lack of oxygen, the infant's countenance exhibits a livid or deep red and bloated appearance; the eyes are prominent, and the surface of the body warm and reddish; sometimes the body is flaccid, and the navel-string has ceased to pulsate. Everything depends on the speedy re-animation of the child. When the cord pulsates vigorously, little effort is generally required for setting the vital functions in operation. An effort may be necessary to excite the respiratory functions by artificial inflation of the lungs and compression of the thorax with the hands. In inflating the lungs, a silk handkerchief folded double, or a fine napkin, should be laid over the mouth of the infant; the nurse should then apply her mouth to that of the babe, at the same time closing its nostrils, and endeavor, by a moderate but uniform force of insufflation, to fill its lungs with air. The covering of the mouth is recommended as a means of avoiding rupture of the pulmonary air-cells.

Some infants remain for a minute or two after birth without any or but a few respiratory efforts, although they will open their eyes and move their extremities with sufficient activity. A few drops of cold water sprinkled on the chest or abdomen will instantly cause them to breathe and cry out lustily. The main point of caution, in cases of this kind, is to avoid tying the cord until its pulsation has ceased, or has become quite feeble. In all instances where respiration does not ensue immediately after birth, or is any wise embarrassed, prompt attention should be paid to the removal of the mucus which is usually lodged in the mouth and larynx of newborn infants. A finger surrounded with a piece of soft linen should be carefully introduced into the mouth, and the tenacious slime brought away.

**CROUP.**

This is an inflammation of the larynx and trachea, characterized by difficult breathing, and a rough, hoarse cough, sounding as if air was passing through a metallic tube. It usually attacks children of from one to three years of age, and sometimes proves fatal.

**Symptoms.**—The symptoms are first those of a common cold, or catarrh; then comes on a dry cough, with hoarseness and wheezing; at night there is restlessness and rattling in the throat, after which the croupy crow and sound above spoken of give unmistakable warning of the disease. The child, after tossing restlessly about, starts up with a flushed face, and a distressing look of terror and anxiety; there is a quick pulse, and agitation of the whole frame, which becomes covered with a profuse perspiration. As the struggle for breath proceeds, there is clutching at the throat, as though to force a passage; the arms are thrown wildly about, the respiration becomes more labored, the rough cough more frequent, and characteristic. There is expectoration of viscid matter, strangulation threatens, and eventually the child falls into the sleep of exhaustion. It will probably wake up refreshed, and during the day may appear pretty well; but at night again there will be a recurrence of the attack with aggravated symptoms, convulsions, and spasms of the glottis. The face is of a pale, leaden hue; a film comes over the eyes, the pulse becomes feeble, the powers of life at length succumb, and the patient sinks into a drowsy stupor, which ends in death. Such is the frequent course of this painful disease, and the changes from bad to worse are so rapid that there is little time for the operation of remedies.

**Treatment.**—Confinement to the house in case of threatened croup is always advisable, unless the weather should be very warm and open, and then exposure after sundown should be avoided. Apply mustard poultices to the throat. Fill the room with the vapor of boiling water,—a large kettle on the stove will effect this.

In the paroxysms emetics to cause full vomiting often have a most beneficial effect. Should the child appear likely to sink from exhaustion, after vomiting has been produced, stay the emetics, and give liquor of acetate of ammonia twenty drops, with five or ten drops of sal volatile, or the same of brandy in a little water, or camphor mixture; a little wine may also be administered. In severe cases the first endeavor should be to obtain medical assistance; but if this cannot be procured, resort

able and dangerous character at this period than at a more advanced stage of childhood or adult age.

**Causes.**—The exciting causes of this disease are extremely various. Irritating, crude, and inappropriate articles of food or drink are a frequent cause of diarrhoea. Children who are entirely nourished at the breast are much less liable to this complaint than those nourished by artificial food. Some infants are invariably purged when fed with cow's milk, even when considerably diluted with water. Infants who are fed with solid food seldom escape suffering more or less diarrhoea. The practice of allowing them to eat potatoes, meat, pastry, dried fruit, and other things of this kind is particularly injurious, and often produces chronic diarrhoea. A high atmospheric temperature is frequently concerned in the production of this complaint; the occurrence of bowel complaints among children is comparatively more frequent during the hot months of summer than in the colder seasons of the year.

**Treatment.**—Immediate attention must be paid to the diet. Do not give the child any solid food, and especially keep from it pastry, sweetmeats, and confectionery. The most appropriate food will be boiled milk, crackers and milk, gruel, and tapioca. At the commencement of the attack give a mild purge of castor oil or syrup of rhubarb, and use the warm bath. If the stools are sour, dissolve a teaspoonful of bicarbonate of soda in half a glass of water, and give a teaspoonful every hour. An excellent remedy for looseness of the bowels is tea made of ground bayberry. Sweeten it well, and give a half teaspoonful once in two hours, until the child is better.

### CHOLERA INFANTUM.

(*Summer Complaint.*)

This disease is common to children of large cities, and is most frequent among those who reside in small, crowded, and ill-ventilated apartments. It is rarely seen except between the ages of three and twenty-four months, seldom beginning before or after dentition.

**Symptoms.**—It usually begins with vomiting and purging about the same time. The tongue, in most instances, is slightly furred at the beginning of the disease; but, after a few days, it becomes dry and brown. The stools are commonly fluid, intermixed with little spots of green bile; or as transparent as water. The patient becomes immediately prostrate, and emaciates very

the bowels open with a little castor oil ; and, if the stoppage in the nose is obstinate, give warm doses of catnip, pennyroyal, or balm tea.

#### WHOOPING COUGH.

This well known disease is chiefly confined to infancy and children ; it occurs but once in a lifetime. Its severity varies greatly ; sometimes being so mild as to be scarcely known from a common cough, at others exhibiting the most distressing symptoms, and frequently causing death by its violent and exhausting paroxysms.

*Symptoms.*—The first symptoms of this cough are those of a common cold ; there is restlessness and slight fever, with irritation in the bronchial passages ; this goes on gradually increasing in intensity for a week or ten days, and then it begins to assume the spasmodic character. At first the paroxysms are slight, and of short duration, with a scarcely perceptible "whoop," but soon they become more frequent and severe ; a succession of violent expulsive coughs is followed by a long drawn inspiration, in the course of which the peculiar sound occurs which gives a name to the disease ; again come the coughs, and again the inspiration, following each other in quick succession, until the sufferer is relieved by an expectoration of phlegm resembling the white of an egg, or by vomiting. When the paroxysm is over, the child generally resumes its play, or other occupation, and frequently complains of being hungry. As the disease proceeds, the expectoration becomes thicker, and is more easily raised, and this is a favorable sign. The spasmodic paroxysms become less frequent and violent, and gradually cease altogether. The summer is the most favorable time for the disease. With a strong healthy child (when proper care is taken), there is little to apprehend from this disease, provided it be not complicated with others, such as inflammation of the lungs, or any head affection producing convulsions. It then proves a most dangerous disease. With children of full habit, the fits of coughing often cause bleeding at the nose, but this should not be viewed with alarm. Whooping cough is a very serious malady for weakly children. That it is contagious there can be no doubt. We would impress upon all our readers who may have the care of infants that they should exercise care to protect their children from this disease.

*Treatment.*—The severity of the symptoms may be mitigated by treatment and we may often prevent those complica-

# CONTAGIOUS DISEASES OF CHILDREN.

## SIGNS AND SYMPTOMS OF DANGER.

Children should always have prompt attention when they appear ill or complain of feeling unwell.

Prompt action and intelligent investigation may save the child from a serious malady.

The following danger signals indicate the rapid approach of some deadly disease :—

Increased temperature of the child's body, discovered by placing the hand on the skin, particularly on the chest, armpit, face, and forehead.

Quickening of the pulse, carefully measured by a watch, and hardness of beat.

Shivering, unusual perspiration.

Great thirst, with loss of appetite.

Tongue more or less white, dry, or red.

A flushed or pallid face.

Increased or diminished brilliancy of the eye.

General weariness and indisposition, great fatigue, aching of the loins, headache, drowsiness and excitement, delirium, etc.

**Scarlet Fever** begins with extreme general indisposition, high fever, dry burning skin, sore throat, and vomiting.

**Diphtheria** is characterized by a peculiar inflammation of the mucous membrane of the throat. White spots first appear on the tonsils, which develop into a false membrane, gradually extending forward to the soft palate and into the nostrils. Breath usually fetid, low fever, great depression of spirits, and rapid decrease of strength.

It is a very dangerous disease, often proving fatal in thirty-six hours. Prompt action in arresting the progress of the disease is of the utmost importance. A few hours may make the difference between life and death.

It usually requires months to eliminate from the system the poison left by this disease.

## HOW TO DISGUISE THE UNPLEASANT TASTE OF MEDICINE.

### PROPER DOSES FOR DIFFERENT AGES, ETC.

The action of medicine is modified by the condition of the individual, by the climate and season.

In summer certain medicines act more vigorously than in winter, and the same person may not bear the same dose in July that he could in December. Persons of a phlegmatic temperament bear stimulants and purgatives better than those of a sanguine temperament, therefore the latter require smaller doses. Purgatives never act so well upon persons accustomed to take them as upon those who are not, and in cases where purgatives are necessary to be often used the form and kind should be changed occasionally.

Purgatives should never be given when the bowels are in a state of irritation. Stimulants and narcotics never act as quickly upon persons accustomed to the use of stimulants.

Medicine for females should not be so strong as for males. Reduce about one-eighth.

Persons whose general health is good bear stronger doses than the debilitated and those who have suffered for a long time.

Castor-oil may be taken in milk, coffee, or spirit, such as brandy; but the best method of covering the nauseous flavor is to put a tablespoonful of strained orange juice in a wineglass, pour the castor-oil into the center of the juice, and then squeeze a few drops of lemon juice upon the top of the oil.

Cod-liver oil may be taken, like castor-oil, in orange juice.

Peppermint-water almost prevents the nauseous taste of Epsom salts.

A strong solution of extract of licorice covers the disagreeable taste of aloes; milk that of cinchona bark; and cloves that of senna.

An excellent way to prevent the taste of medicines is to have the medicine in a glass, as usual, and a tumbler of water by the side of it. Then take the medicine and retain it in the

medicines, such as mercury, etc., are apt to accumulate in the system, and danger may thence arise if the doses be repeated too frequently. Aloes and castor-oil acquire greater activity by use, so that the dose requires to be diminished. With due caution, and a proper attention to the doses ordered, no untoward circumstance need arise.

The condition of the mind has a powerful influence upon the disorders of the body. The effect of the imagination works wonders for or against recovery. Many of the extraordinary cures credited to traveling "medicine men," "great remedies," etc., are nothing more than the influence of the imagination over a disordered body or mind.

#### Proper Doses for Different Ages.

AGES.	PROPORTIONAL DOSES.	DOSE.
For an Adult	Suppose the dose ONE	as 1 dram or 60 grains.
Under 1 year	Will require only 1-12th	" 5 grains.
" 2 years	1-8th	" 8 "
" 3 "	1-6th	" 10 "
" 4 "	1-4th	" 15 "
" 7 "	1-3d	" 1 scruple or 20 grains.
" 14 "	1-2	" 1-2 dram or 30 "
" 20 "	2-3ds	" 2 scruples or 40 "
Above 21 "	The full dose ONE	" 1 dram.
" 65 "	Will require only 3-4ths	" 45 grains.
" 80 "	2-3ds	" 2 scruples or 40 grains.

In the same manner for fluids divide the quantity suited for an adult by the above fractional parts. If for a child under one year, the dose will be one-twelfth; under two years, one-eighth; under three years, one-sixth, and so on.

#### Approximate Measures.

For the convenience of those who have not accurate measures at hand, we give the approximate quantities:—

A teacup contains four fluid ounces, or one gill.

A wine glass contains two fluid ounces.

A tablespoon contains one-half fluid ounce.

A teaspoon contains one-eighth fluid ounce, or one dram.

Sixteen large spoonfuls make half a pint.

Eight " " " one gill.

Four " " " half gill.

Sixty to eighty drops are equal to one teaspoonful.

# How to Preserve the Teeth.

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## SPECIAL CARE AND REMEDIES.

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BY

S. B. BARTHOLOMEW, D. D. S.

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FIRST DENTITION.—During this period the child requires more than ordinary watchfulness on the part of the mother. Difficulties incident to teething, cause a very large per cent. of mortality among children, which proper care would prevent. Systemic disturbance caused by cutting teeth is very marked, and can be easily seen. Symptoms :—Hot and dry mouth, feverishness, redness of one or both cheeks, sometimes changing from one to the other, indicating great nervous disturbance. Eruptions on the head and face, and sometimes on the whole body. Ulcerations may appear on the tongue, gums, lips, and inside of the cheeks. Fretfulness when awake, and moaning in sleep, nausea, vomiting, high fever, diarrhoea, or severe constipation, followed not infrequently by convulsions.

TREATMENT.—If there is a tendency to hot and dry skin, let the treatment be such as will keep the skin moist, look out for diarrhoea or constipation. If the gums are swollen, and indicate a pressure from beneath, they should be freely lanced over the erupting teeth ; nervous irritation will be controlled by adding a little catnip tea to the milk. Watch the food so that digestion may not be impaired.

If the mother does not nurse the child, or the milk be deficient in quantity or quality, be careful to have the right milk for a substitute. Never take the milk from a milk cart, for that is a mixed milk of all the herd, and not fit to give a young babe. If possible, have the milk of a cow whose calf would be the age of the babe to be fed, rich in cream, and up to the standard of perfect milk. This milk will be richer in cascin, butter and phosphates, than human milk, but poorer in sugar ; therefore, add one-third water, and a little pure white sugar. Aside from the mixed nature of milk sold from the cart, there is a possibility

# HOMOEOPATHY

## REMEDIES AND TREATMENT.

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*The full diagnosis of each disease will be found in the preceding pages, arranged in alphabetical order, the pages being indicated by the small figures within the (parentheses).*

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**Abscess.** (95)—First stage, before pus has formed, give *Belladonna*, 3 x, and *Mercurius Viv.*, 6 x, in alternation. When pus begins to form, give *Hepar Sulphuris*, 3 x.

*Sulphur*, cc, is useful to remove a tendency to abscesses. Poultice and open freely as soon as suppuration takes place. After opening, wash out the abscess with *Tinct. of Calendula*, one part to ten of water.

**Abscess, of the Ear.** (95)—It is so liable to extend to the brain that a surgeon should be called early. The same remedies as above.

**Apoplexy.** (97)—Give *Aconite*, 3 x, and send for medical assistance. Principle remedies are *Aconite*, 3 x, *Belladonna*, 3 x, *Opium*, 30, *Arnica*, 3 x, and *Glonoina*, 30.

*Aconite*, 3 x, hard wiry pulse ; persons of full habit.

*Bell.*, 3 x, congestion of the brain ; red swollen face ; throbbing of blood vessels ; dilated pupils, convulsive movements of the face and limbs, serviceable early in the case.

*Opium*, 30, profound stupor ; dusky countenance ; contraction of pupils ; convulsed ; moans and groans ; cannot be aroused.

*Arnica*, 3 x, after active excitement has subsided, to promote resorption of effusion.

*Nux Vomica*, 3 x, is a useful remedy to prevent a predisposition to apoplexy. The diet should be plain, avoiding rich food and stimulants. Exclude all excitement, over exertion, sudden changes of temperature, and excesses of all kinds.

**Asthma.** (99)—*Arsenicum*, 3 x, *Euphorbia-Pilulifora*, 1 x, *Ipecac*, 1 x, *Veratrum Viride*, 1 x.

*Veratrum Alb.*, 1 x, cold sweat ; cramps in legs, with vomiting and diarrhoea.

Keep hot packs of alcohol and water over the bowels and call a physician.

Avoid all animal food.

**Chronic Inflammation of the Bowels.** (107)—(Chronic Enteritis.) *Bryonia*, 3 x, constant dryness of the lips, pain in the bowels ; one day, diarrhoea, next day, constipation.

*Iris Versicolor*, 3 x, grumbling belly-ache ; stools inclined to be loose ; liver out of order.

*Kali Bichromicum*, 3 x, chronic inflammation all through the bowels from the stomach to the anus ; mucous discharges which are stringy.

*Lycopodium*, 30, much wind in the bowels ; inclined to constipation.

*Plumbum Carb.*, 30, violent long-lasting pain in the bowels ; chronic diarrhoea.

*Sulphur*, 200, constipation or diarrhoea—chronic and persistent, even after giving all kinds of remedies. A course of *Sulphur*, once or twice daily for a week, will bring the case under control.

*Milk* should be the principal article of diet. All *animal food* discarded, excepting, now and then, raw, grated beef.

**Bronchitis.** (107)—*Aconite*, 1 x, at commencement, with hot, dry skin and quick pulse.

*Bryonia*, 3 x, bronchial tubes feel sore ; dry cough, also, at commencement, may be given alternate with *Aconite*.

*Sambucus*, 1 x, very useful for young children.

*Verat. Vir.*, 1 x, full, bounding pulse ; difficult breathing, also *Antimonium Tart.*, 3 x, *Kali Bichromicum*, 3 x, and *Ipecac*, 1 x.

Keep the chest wrapped in cotton batting.

**Cancer.** (109)—It should be removed, early, by an operation. Follow this up by *Arsenicum*, 3 x, six months, a dose two or three times daily.

*Condurango*, 1 x, is said to relieve the pain of cancer, anything short of complete removal should not be tolerated.

**Canker of the Mouth.** (110)—*Merc. Cor.*, 3 x, one of the best remedies.

**Catalepsy or Trance.** (111)—(See *Hysteria*.)

**Cataract.** (112)—Must be removed by surgical means.

*Cannabis Sativa*, 3 x, said to have cured cases of cataract.

# HOMOEOPATHIC REMEDIES.

## KEY TO PRESCRIPTIONS.

SCIENTIFIC NAME.	ABBREVIATION.	COMMON NAME.
Acid, Benzoic,	Acid Benz.,	
Acid, Phosphoric,	" Phos.,	
Acid, Sulphuric, Dilute,	" Sulph. Dil.,	
Aconitum Napellus,	Acon.,	Wolf's Bane.
Antimonium Tartaricum,	Ant. Tart.,	Tartar Emetic.
Apis Mellifica,	Apis,	Poison of Honey Bee.
Apocynum Cannabicum,	Apoc. C.,	Indian Hemp.
Argentum Nitricum,	Arg. Nit.,	Nitrate of Silver.
Arnica Montana,	Arn.,	Leopard's-Bane.
Arsenicum Album,	Ars.,	Arsenious Acid.
Baptisia Tinctoria,	Bapt.,	Wild Indigo.
Belladonna,	Bell.,	Deadly Nightshade.
Bryonia Alba,	Bry.,	White Bryonia.
Cactus Grandiflorus,	Cact. G.,	Night Blooming Cereus.
Calcarea Carbonica,	Calc. Carb.,	Carbonate of Lime.
Calcarea Phosphorica,	Calc. Phos.,	Phosphate of Lime.
Calendula Officinalis,	Calendula,	Common Eng. Marigold
Camphora,	Camph.,	Laurus Camphor.
Cantharides,	Canth.,	Spanish Fly.
Carbo Vegetabilis,	Carbo. Veg.,	Vegetable Charcoal.
Caulophyllum Thalictroides,	Caul.,	Blue Cohosh.
Chamomilla,	Cham.,	Matricuria Chamomilla.
China Cinchona,	China,	Peruvian Bark.
Coffea Cruda,	Coffea,	Arabian Coffee.
Colocynththis,	Col.,	Bitter Cucumber.
Cuprum Aceticum,	Cup. Acet.,	Acetate of Copper.
Digitalis Purpurea,	Dig.,	Purple Foxglove.
Dulcamara,	Dulc.,	Bitter-Sweet.
Gelsemium Sempervirens,	Gels.,	Yellow Jessamine.
Glonoina,	Glon.,	Nitro-Glycerine.
Hamamelis Virginica,	Hama.,	Witch Hazel.
Helleborus Niger,	Hell.,	Christmas Rose.

# HOMOEOPATHIC MEDICINES.

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## HOW THEY ACT UPON THE SYSTEM.

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**Aconite** (*Monkshood*). Chiefly affects the circulatory system. Useful in inflammatory fever, fever heat, with dry skin, and restlessness. The pulse is fine, quick and wiry ; dry cough, or croupy cough ; rousing from sleep ; pleurisy ; spitting of blood and nose-bleed ; neuralgia and rheumatism, with stinging pains ; complaints from dry, cold air, and fright ; pains aggravated at night, relieved by sitting up.

**Apis Mel.** (*Poison of the Honey Bee*). Shortness of breath from dropsy ; dropsical affections ; swellings, especially when attended with biting, gnawing, stinging, and itching ; swellings resembling those arising from the sting of a bee ; useful in urinary troubles, when the urine is scanty and its emissions attended by a scalding, burning sensation.

**Arnica Montana.** For complaints of nervous individuals ; full plethoric habit ; rheumatic pains ; apoplexy and paralysis ; bloodshot spots from bruises ; effects of sprains, strains and contusions ; painful and excessive sensitiveness of the whole body ; convulsions and tetanic spasms from injuries.

**Arsenicum** (*Arsenious Acid*). Chiefly affects the alimentary canal, respiratory organs, and skin. *Burning* pains in the stomach, bowels and elsewhere, relieved by hot applications ; vomiting, cramp in the stomach, diarrhoea ; asthma ; scaly eruptions, burning ulcers all *worse* soon after midnight ; great restlessness and prostration ; great thirst, with drinking frequently, but little at a time ; complaints from ice cream, ice water, tobacco.

**Belladonna** (*Deadly Nightshade*). Chiefly affects the brain, nerves and glands. Fever heat with *moist* skin, *drowsy* sleep or inability to go to sleep ; starting in sleep ; congestion of blood to head, eyes and face ; throbbing headache ; neuralgia of the face ; throbbing tooth-ache ; dentition, with jerking in the sleep or convulsions ; sore throat ; barking cough ; erysipelas.

*zuerst*

# MEDICINAL PLANTS

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When to Gather \* How to Use.

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ILLUSTRATED.

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EVERY realm of nature contributes something, fraught with healing virtues, to the human race. The root, bark, leaves and flowers of plant, shrub and tree, together with the mineral and animal kingdom are all utilized in the economy of our Divine Creator, to expel disease, restore health, and prolong life in mankind. This department of "The Cottage Physician" affords ready reference to the properties, uses, and doses of the remedies now in use by the various schools. The most common name is given, followed by the scientific or botanical name in (parenthesis), where there are two or more common names, one or more will follow the (parenthesis). Some of the more valuable plants are faithfully represented by illustrations which were engraved for the work from photographs of the actual plants, which will enable the reader to recognize them at sight.

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A few words about gathering and preserving medicinal roots, herbs, barks, etc., may be useful.

**All Plants** (as a rule) whose leaves or stems are to be employed, should be gathered when in their fullest vigor, which is about the time of flowering. They should be dried in the shade as quickly as possible, and kept in a dry place carefully protected from insects.

**Flowers** should be collected just before fully expanded.

**Seeds and Fruits** when fully ripe.

**Roots of Annual Plants** just before they bloom.

**Biennials** after their first year's growth has ceased.

**Perennials** in the autumn.

**Barks** should be gathered either in autumn or early spring, before the season's growth has begun.

**Roots and Barks** may be dried in the sun without injury.



**FOXGLOVE.**

A biennial plant. The leaves of this, are sedative and diuretic, reducing the pulse, and increasing the urine. In large doses, they are a narcotic poison.

**Dose.**—Of the powdered leaves of fox-glove, from one to three grains; of the tincture, from eight to twelve drops.



**VIRGINIA SNAKE ROOT.**

A perennial herb of the Middle and Southern States. The root is stimulant, tonic, and diaphoretic. It is used in typhoid fevers when the system needs support, but cannot bear active stimulation. Combined with Peruvian bark, it is also used in intermittent fevers. An infusion is employed in dyspepsia; and as a gargle in malignant sore throat.



**WILD INDIGO.**

**RATTLE BUSH, HORSE FLY WEED.**

This shrub grows in most parts of the U. S. The bark of the root is purgative, emetic, stimulant, astringent, and antiseptic. It is chiefly used for its antiseptic properties. For external use, it is valuable as a wash or gargle for all kinds of sores and ulcerations. The decoction is made by putting one ounce of powdered bark into two pints of water and boiling till reduced to one pint.

**Dose.**—One tablespoonful every two or four hours as required.



**STAR GRASS.**

**COLIC WEED, AGUE ROOT, CROW CORN, UNICORN ROOT.**

The root is the part used, and in decoction or tincture is of great utility in dyspepsia, general and local debility, flatulent colic, hysteria, etc. It greatly strengthens the female generative organs, and affords protection against miscarriage.

**Dose.**—Of the powdered root, from five to ten grains, three times a day; of the saturated tincture five to fifteen drops.



**POKE.**

PIGEON-BERRY, GARGET, SCOKE,  
COAKUM, ETC.

This plant is common in most parts of the country. Poke is emetic, cathartic, alterative and slightly narcotic. The root excites the whole glandular system, and is very useful in syphilitic, scrofulous, rheumatic, and cutaneous diseases. It is an excellent remedy for the removal of mercurio-syphilitic affections.

**Dose.**—Of the powdered root, as an emetic, twelve grains to half a dram; as an alterative, from two to six grains.



**MONKSHOOD.**

WOLFSBANE.

This is a perennial herb. All parts of the plant contain powerfully poisonous properties; but the root is the part most generally employed for medical purposes.

**Dose.**—Fluid extract, dose, two to six drops; solid extract, dose, one quarter of a grain to a grain; tincture, eight ounces of the root to a pint of alcohol; dose, three to eight drops.



**BLUE FLAG.**

A perennial plant, growing in damp places throughout the United States. The root is the part used for medicinal purposes. It is cathartic, alterative, sialagogue, and diuretic. It acts particularly on the glandular system; in large doses, it evacuates and exhausts the system, acting on the liver, and fulfilling the purposes of mercury.

**Dose.**—Powdered root, five to ten grains; Iridin, one grain.



**PIPSISSEWA.**

WINTERGREEN, PRINCES PINE,  
GROUND HOLLY.

A small evergreen growing in the U. S. and other countries. The whole plant is tonic, diuretic, and astringent, and has proved itself useful in dropsy, general debility, rheumatism, chronic disorders of the kidneys, bladder, urethra, etc.

**Dose.**—Of the infusion, two ounces.



**BLUE COHOSH.**

**PAPOOSE ROOT, SQUAW ROOT.**

A perennial plant growing in all parts of the U. S. The root is the part used. It is antispasmodic, diuretic, diaphoretic, alterative, emmenagogue, anthelmintic, purgative and tonic. It is used in rheumatism, dropsy, epilepsy, hysterics, cramps, amenorrhœa, dysmenorrhœa, chorea, leucorrhœa, hiccup, to hasten delivery, and to relieve after-pains.

Dose.—Of the infusion, one to four fluid ounces three or four times a day.



**STONEROOT.**

**HEALALL, HARDHACK, HORSEWEED,  
RICHWEED, OXBALM.**

This plant is common in the U. S. It is tonic and astringent, and is very valuable in whites, chronic diarrhoea, cholera infantum, etc. It agrees well with the stomach, and is a good remedy in summer complaints of children.

Dose.—Fluid extract, four to twenty drops. It is much used in the form of infusion. The green herb boiled in milk is a valuable remedy in chronic diarrhoea, when attended with much debility.



**BONESET.**

**THOROUGHWORT.**

Grows on low grounds throughout the U. S. The cold infusion or extract is tonic and aperient; the warm infusion, diaphoretic and emetic. As a tonic it is useful in remittent, intermittent and typhoid fevers, dyspepsia and general debility.

Dose.—Of the powder, ten to twenty grains; of the extract, from two to four grains; of the infusion, from two to four wineglassfuls.



**BITTER-ROOT.**

**DOG'S BANE, MILK WEED.**

A plant growing in the United States and Canada. The root is the part used, and is laxative, tonic, diaphoretic, and alterative. It is used in chronic affections of the liver, syphilis, scrofula, intermittents, and the low stage of typhoid fevers. Forty to sixty grains will cause vomiting without much nausea.

Dose.—Solid extract, two to eight grains; tincture, two to three drams; infusion, a wineglassful three times a day.



#### BLOOD-ROOT OR RED PUCCOON.

It grows throughout the United States in rich soils. In small doses it stimulates the digestive organs, acting as a stimulant and tonic. In large doses it is an arterial sedative. It is useful in bronchitis, laryngitis, whooping cough, and other affections of the respiratory organs. It excites the energies of a torpid liver, and has proved beneficial in scrofula, amenorrhoea and dysentery. Applied to fungous growths, ulcers, fleshy excrescences, cancerous affections, the powder acts as an escharotic, and the infusion is often applied with benefit to skin diseases.

**Dose.**—Of the powder as an emetic, ten to twenty grains; as a stimulant and expectorant, three to five grains; as an alterative, half a grain to two grains. Tincture, twenty to sixty drops.



#### PINK ROOT.

#### CAROLINA PINK OR WORM GRASS.

This perennial herb grows in rich soils in the Southern States. The root is the medicinal part. It is a powerful vermifuge.

**Dose.**—Fluid extract of Pink Root and Senna, dose half a dram to a dram. Infusion, half ounce to a pint of water, dose two to six ounces.



#### PENNYROYAL.

An indigenous annual plant. It is a gently stimulant aromatic; it relieves wind colic and sick stomach, and when given as a warm infusion it promotes perspiration and excites the menses. In recent suppression, it may be given at bed-time as a warm tea, first bathing the feet in warm water. The oil of pennyroyal has the properties of the herb.



#### SLIPPERY ELM.

The inner bark of this tree is nutritive, demulcent, emollient, and diuretic. It makes a valuable demulcent drink in inflammations of the lungs, stomach, bowels, bladder, and kidneys; also, for coughs, stranguary, dysentery, and the summer complaints of infants. It also makes a valuable poultice.



BAYBERRY.

WAX MYRTLE.

This shrub is found in woods and fields from Canada to Florida. The bark of the root is the medicinal part. It is astringent and stimulant. Pulverized and combined with powdered blood-root, it forms an excellent application to indolent ulcers. In the form of poultice, combined with powdered slippery elm, it is a valuable application to scrofulous tumors or ulcers. The decoction is a good wash for sore mouth, and spongy, bleeding gums. It is chiefly used in the form of tincture.

Dosz.—Tincture half an ounce; fluid extract, one to two drams.



MEADOW CABBAGE.

SKUNK CABBAGE, SKUNK WEED,  
POLE CAT WEED.

A perennial plant, growing in moist places throughout the U. S. The root is stimulant, expectorant, antispasmodic, and slightly narcotic. It is given for pulmonary and bronchial affections, epilepsy, hysterics, asthma, hooping-cough, and irritable nerves.

Dosz.—Fluid extract, twenty to eighty drops; tincture, three ounces to a pint of alcohol; half a dram to a dram; infusion, one to two ounces; syrup, two to three drams.



DOGWOOD.

BOXWOOD, FLOWERING CORNEL,  
GREEN OZIER.

This is a small tree growing in various parts of the United States. The bark is used as a medicine. It is tonic, astringent, antiperiodic, and stimulant. It increases the pulse, and raises the temperature of the body. It has been substituted for peruvian bark in intermittent fevers.

Dosz.—Of the powdered bark, from ten to sixty grains.



GINSENG.

A plant growing in the Middle and Southern States. It is a mild tonic and stimulant, it is useful for poor appetite, nervous debility, weak stomach, etc.

Dosz.—Of the powdered root, from ten to sixty grains; of the infusion, from two to four fluid ounces.



LADIES' SLIPPER.

AMERICAN VALERIAN, UMBEL NERVE  
ROOT, YELLOW MOCCASIN FLOW-  
ER, NOAH'S ARK.

The fibrous roots are the parts used in medicine. It is tonic, nervine, and antispasmodic and is employed in nervous headache, and other nervous affections, as excitability, hysterics, neuralgia, etc.

Dose.—Fluid extract, half a dram to a dram; solid extract, five to fifteen grains; tincture, two ounces to a pint of diluted alcohol, half an ounce to an ounce. Take this preparation for producing sleep in wakeful and nervous conditions: fluid extract ladies slipper, one ounce; fluid extract pleurisy root, one ounce; fluid extract skunk cabbage, one ounce; fluid extract scullcap, one ounce; mix; take half a dram to a dram, three times a day. For sick and nervous headache, caused by acid stomach, use the following: fluid extract ladies' slipper, half an ounce; fluid extract catnip, half an ounce; fluid extract scullcap, half an ounce, water, one pint; mix; dose, one and a half to three drams.



PRICKLEY ASH.

YELLOW WOOD, TOOTHACHE BUSH,  
ETC.

The bark and berries are used. The bark is stimulant, tonic, alterative, and sialagogue. It is used to excite and stimulate the system, when in a languid state, and for derangements of the liver, rheumatism, and chronic syphilis. It strengthens mucous membranes, and is a useful tonic in low typhoid fever. Applied externally, it improves indolent and malignant ulcers.

Dose.—Of the powdered bark, from ten to thirty grains, three times a day.

The berries are carminative, antispasmodic, and stimulant. The tincture is valuable in nervous diseases, spasms of the bowels, flatulence, and diarrhoea; and combined with the tincture of poke berries, is very useful in chronic rheumatism and syphilis. It has been used with great success in Asiatic cholera.

Dose.—Of the tincture, from ten drops to a fluid dram, in sweetened water; of the oil of prickly ash berries, from two to ten drops, on sugar.



BEAR-BERRY.

THE UPLAND CRANBERRY.

The leaves are the medicinal parts. It is astringent and tonic, and acts particularly upon the urinary organs, for complaints of which it is particularly used. It is specially valued as an antilithic in gravel, and as a remedy for chronic inflammation of the kidneys, and ulceration of the bladder, etc.

Dose.—Fluid extract, one third of a dram to a dram; solid extract, five to fifteen grains; tincture, one to two ounces.



MARSHMALLOW.

A European perennial plant. The root is used. A decoction is found useful in inflammation of the bladder, lungs, bowels and stomach, also in kidney diseases.



CRANESBILL.

DOVES FOOT, CROW FOOT, ALUM  
ROOT, SPOTTED GERANIUM.

A native plant, growing in the open woods. The root is the medicinal part. It is a powerful astringent. It forms an excellent gargle in sore throats and ulcerations of the mouth, and is valuable for treating those discharges arising from debility, after the exciting causes are removed. It is a valuable astringent wash for sore mouth, etc., and as an injection in leucorrhœa, etc., is made by uniting fluid extract of cranesbill, half an ounce; fluid extract of black cohosh, half an ounce; fluid extract of golden seal, half an ounce; fluid extract of witch-hazel, half an ounce; and water, one quart.



MANDRAKE.

MAY-APPLE, WILD-LEMON, RACCOON  
BERRY, WILD MANDRAKE.

It is found throughout the U. S., and flowers in May and June. The root is the medicinal part. It is cathartic, alterative, anthelmintic, hydragogue, sialagogue, and, in large doses, emetic. It stimulates and quickens the action of the liver and kidneys, promotes expectoration, and determines the blood to the surface. Combined with cream of tartar it produces watery stools, and is useful in dropsy. It is used in jaundice, dysentery, diarrhea, bilious, remittent, and intermittent fevers, puerperal fever, typhoid fever, and all glandular enlargements. But it has a more particular action upon the liver, and is especially useful in derangements of that organ.

Dose.—Of the powdered root, as a cathartic, from ten to thirty grains; of the tincture, from ten to forty drops.



MOUNTAIN LAUREL.

CALICO BUSH, SHEEP LAUREL, SPOON-  
WOOD, LAMBKILL.

This plant grows on highlands in most parts of the U. S. The leaves are used in medicine, and causes, when taken in large doses, vertigo, dimness of sight, etc. In proper doses they are sedative and astringent. The saturated tincture is the best form of administration; it is given in ten to twenty drops, every two or three hours, for syphilis, active hemorrhages, hypertrophy of the heart, and jaundice.



JAMESTOWN WEED.

THORN APPLE, STINKWEED, APPLE-  
PERU, STRAMONIUM.

This well known weed grows in most parts of the U. S. The leaves and seeds are medicinal. It is a powerful narcotic; it is also antispasmodic, anodyne, and sedative. It is used in various nervous affections, as chorea, epilepsy, palsy, tetanus, and mania. It is much used for relieving acute pains, etc. Taken in large doses, it is a powerful poison.

# PURELY VEGETABLE TREATMENT.

## HOME MADE REMEDIES,

PREPARED FROM ROOTS, HERBS, BARKS, ETC.

**Headache Remedy.**—Bayberry and sassafras bark, of each one ounce ; bloodroot, half an ounce—powder and mix. Dose : A pinch to be taken occasionally.

**Healing Salve.**—Hog's lard and clarified mutton suet, of each four ounces ; beeswax, and olive or linseed oil, of each two ounces ; simmer all together in a water bath or oven—stir till cold. Very useful after burns, scalds, etc.

**Indigestion, Tonic for.**—Tansy, wormwood, quassia chips, barberry bark, sweet flag root, and buchu leaves, of each two drams ; water, three pints, boil down to two—strain, then add Cayenne, ten grains ; Spanish juice, broken, one ounce—simmer till juice is dissolved—strain—bottle for use. Three tablespoonfuls three times a day.

**Sore Throat, Quinsy, etc.**—Raspberry leaves, hyssop, red sage, summer savory, hoarhound, and ground ivy, of each half an ounce ; water, three pints—boil twenty minutes, strain while hot upon ten grains of Cayenne ; when cold add tincture of myrrh and acid tincture of lobelia, of each half an ounce. Dose : Three or four tablespoonfuls every hour, fomenting and gargling.

**Strengthening Plaster.**—Rosin, one pound ; beeswax and mutton suet, of each one and a half ounces ; camphor, half an ounce ; brandy, two ounces ; oil of hemlock, two drams—melt wax and tallow, then add camphor—stir till dissolved, then add oil of hemlock, last the brandy gradually. Useful for pains in back, sides, etc., also for rheumatism, or weakness or pain in any part where it can be applied ; also for old sores, ulcers, etc.

**Poultice for External Inflammation.**—Ripe onions, boiled to pulp, one pound ; bran, quantity sufficient for a poultice—pour the onions and liquor they have been boiled in upon the bran while hot. Mix well and apply. A very useful poultice.

**Worm Syrup.**—Butternut bark and bitter root, each four ounces ; sage, myrrh, and poplar bark, each two ounces ; water, one gallon—boil down to half gallon, strain—add three pounds granulated sugar and a pint of Holland gin. Dose: Two to four teaspoonfuls every hour till it acts freely on the bowels.

## Favorite Family Prescriptions.

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The following comprise a choice collection of special prescriptions from the most successful physicians of our land, which have been in family use for many years.

**ASTHMA.**—Tincture of lobelia and wine of ipecacuanha, each an oz. Take one-half teaspoonful every half hour until expectoration or nausea occurs.

2. Iodide of potassium, two drams; decoction of senega, five oz.; tincture of lobelia, one oz.; paregoric, one oz. Take a teaspoonful three times a day.

**BILIOUSNESS.**—Take a powder of rhubarb root, magnesia, and prepared charcoal powder, each a teaspoonful; powdered ginger, one teaspoonful. Mix, and divide into three parts. Take one every morning.

2. Tartar-emetic, four grains; powdered ipecac, twenty grains; water, four oz.; one tablespoonful every twelve minutes, until vomiting.

*To act on the Liver.*—Dandelion root, sliced and bruised, one ounce; water, one pint. Boil for ten minutes in a covered vessel, strain as above, and add sufficient water to make a pint. A wineglassful three or four times a day.

**BRONCHITIS.**—Nitrate of potassa, two drams; oxymel of squills, one oz.; tincture of digitalis, a fluid dram; vinegar, a tablespoonful; sugar and gum arabic each two drams; water enough to make in all six oz. Mix. Take a tablespoonful every three hours.

*Bronchitis, with Dry Cough.*—Tartar-emetic, one grain; syrup of squills, three oz. Take a teaspoonful every four hours.

**CATARRH.**—Saturated tincture of bloodroot, or sanguinaria, two oz.; wine of ipecac, two oz. Take fifty drops every four hours. An excellent febrifuge.

2. Decoction of senega, four oz.; iodide of potassium, two drams; wine of antimony, four drams; syrup of tolu, two oz. Mix, and take a teaspoonful four times a day.

**CATHARTIC.**—Resin of jalap, thirty grains. Divide into three parts. Give one every four hours till they operate.

*Powerful Cathartic, in Rare Cases.*—Croton oil, five drops; crumb of bread or conserve of roses, a sufficient quantity to make four pills. Mix, and divide. Take one every four hours, until they operate.

*Prompt Cathartic.*—Mix a tablespoonful each, of castor oil and molasses, with a pint of warm water in which a little Castile soap has been dissolved. Inject into the rectum with a syringe.

**CHAPPED HANDS AND FACE.**—Bay-rum and glycerine, each half an ounce; quinee-juice jelly, one ounce. Mix.

**CHOLERA INFANTUM.**—Aromatic spirit of ammonia, twenty drops; paregoric, half a fluid dram to a fluid dram; spiced syrup of rhubarb, an oz.; peppermint water, enough to make two oz. Mix. Give a teaspoonful every three hours.

*To check the Diarrhœa of Cholera Infantum.*—Tincture of krameria and paregoric, each a fluid dram; sugar and gum arabic, each half a dram; water enough to make two oz. Give a teaspoonful every three hours.

**Incipient Cholera Infantum.**—Calomel, three grains; bicarbonate of soda, one scruple; powder of ginger, twelve grains. Mix, and divide into twelve powders. Give one three or four times daily.

**Early Stage of Cholera Infantum.**—Mercury with chalk and powder of cinnamon, each fifteen grains. Mix, and divide into twelve powders. Give one thrice daily.

**COLIC.**—Chloroform, a fluid oz.; camphor-water, water, and mucilage of gum arabic, each a fluid oz. Mix. Dose, from a teaspoonful to a tablespoonful, *repeated cautiously*.

2. Bicarbonate of soda, half a dram; aromatic spirit of ammonia, half a fluid dram; solution of morphia, half a fluid dram; syrup of ginger, half an oz.; water enough to make two oz. Mix. Dose, a teaspoonful, repeated if necessary.

3. Spiced syrup of rhubarb, tincture of cardamom, paregoric and cinnamon-water, each a fluid ounce. Mix. Tablespoonful. May be repeated in an hour if not relieved.

**COMMON SUMMER CHOLERA MORBUS.**—Magnesia, a dram; aromatic spirit of ammonia, a dram; water, four oz. Mix. To be shaken before administration. Take a teaspoonful every half hour.

2. Chloroform, half a troy oz.; camphor, one dram; the yolk of one egg; water, six oz. Rub the yolk in a mortar, first by itself, then with the camphor previously dissolved in the chloroform, and lastly with the water, gradually added. This is the "Mixture of Chloroform" of the United States Pharmacopœia. Dose, two teaspoonsfuls.

**CONSTIPATION.**—Rhubarb root and Castile soap, each forty grains; oil of anise, four drops. Mix, and divide into twenty pills. Take one or two as required.

*To act upon the Bowels.*—Cut a piece of good yellow soap to the shape, and rather less than the size, of the last joint of the little finger. Dip it in lard, and introduce it within the rectum.

**Torpor of the Bowels.**—Compound extract of colocynth and white soap, each forty grains; extract of nux vomica, five grains. Mix, and divide into twenty pills. Take one night and morning.

**Habitual Constipation.**—Rhubarb and aloes, each half a dram; extract of belladonna, four grains; oil of cloves, three drops. Mix, and divide into twenty pills. Take one twice daily.

**Constipation in Infants.**—Resin of podophyllum, one grain; simple syrup of rhubarb, an oz.; oil of fennel, one drop. Mix. Dose, half a teaspoonful.

**CONSUMPTION.**—Cod-liver oil, thirty drams; alcohol, twelve drams; essence of peppermint, twenty-four grains. Mix. Take a dessert-spoonful thrice daily.

2. Muriate of ammonia, thirty grains; powdered opium, ten grains; powdered digitalis, twenty grains; powdered squills, twenty-five grains. Make thirty pills. Take one every six hours, to promote expectoration in early stages.

**COUGH.**—Musk, two scruples; syrup of orange-peel, two oz.; mucilage of gum arabic, three oz. Mix. Take a tablespoonful every two or three hours.

*Violent, Troublesome Cough.*—Dilute hydrocyanic acid, twenty drops; syrup of wild cherry and camphor-water, each one oz. Mix. Dose, a teaspoonful every two or three hours.

**COUGHS AND COLDS.**—Iceland moss, half an ounce; water, one pint. Boil for fifteen minutes, strain with squeezing, and add sufficient water through the strainer to make the tea measure a pint. Wineglassful every three or four hours.

**CRUPO.**—Powder of ipecacuanha and powder of alum, each a teaspoonful. Mix with water. Repeat in ten minutes until vomiting.

*Inflammatory.*—Calomel, fifteen grains; nitrate of potassa, one dram; sugar, one scruple. Mix, and divide into twelve powders. Take one every three hours.

*Membranous.*—Nitrate of silver, ten grains; water, half an oz. Dissolve. Apply with a camel's-hair pencil to the throat.

2. Tartar-emetic, one grain; powdered ipecac, ten grains; warm water, four oz. Give a teaspoonful every ten to fifteen minutes until the child vomits.

**DANDRUFF.**—Carbonate of potash, half an ounce; alcohol, one ounce; water enough to make eight ounces. Mix. Use little at a time; rub well into scalp until it forms a lather.

**DELIRIUM TREMENS.**—Solution of sulphate of morphia and fluid extract of valerian, each two ounces. Take two teaspoonfuls at a time until quietude is secured.

**DIARRHœA.**—Compound spirits of lavender, an oz.; spirit of camphor, a fluid dram; laudanum, half a fluid dram; sugar and gum arabic, each a dram; cinnamon-water, enough to make six oz. Mix. Dose, a tablespoonful once in three hours.

*Obstinate.*—Acetate of lead, fifteen grains; acetate of morphia, one grain; gum arabic, two drams; cinnamon-water enough to make eight oz. Mix. Take a teaspoonful every three or four hours.

*Slight Diarrhœa.*—Spiced syrup of rhubarb, half an oz.; magnesia, twenty grains; cinnamon-water, and camphor-water, each two fluid drams. Mix. Take in two doses, three hours apart.

*To check Diarrhœa.*—Tannic acid, thirty-six grains; powder of opium, three grains. Divide into ten pills. Take one every three hours.

**DIPHTHERIA.**—One part of muriatic acid, and three parts of honey; apply to the throat in diphtheria with a soft sponge, fastened to a piece of whalebone.

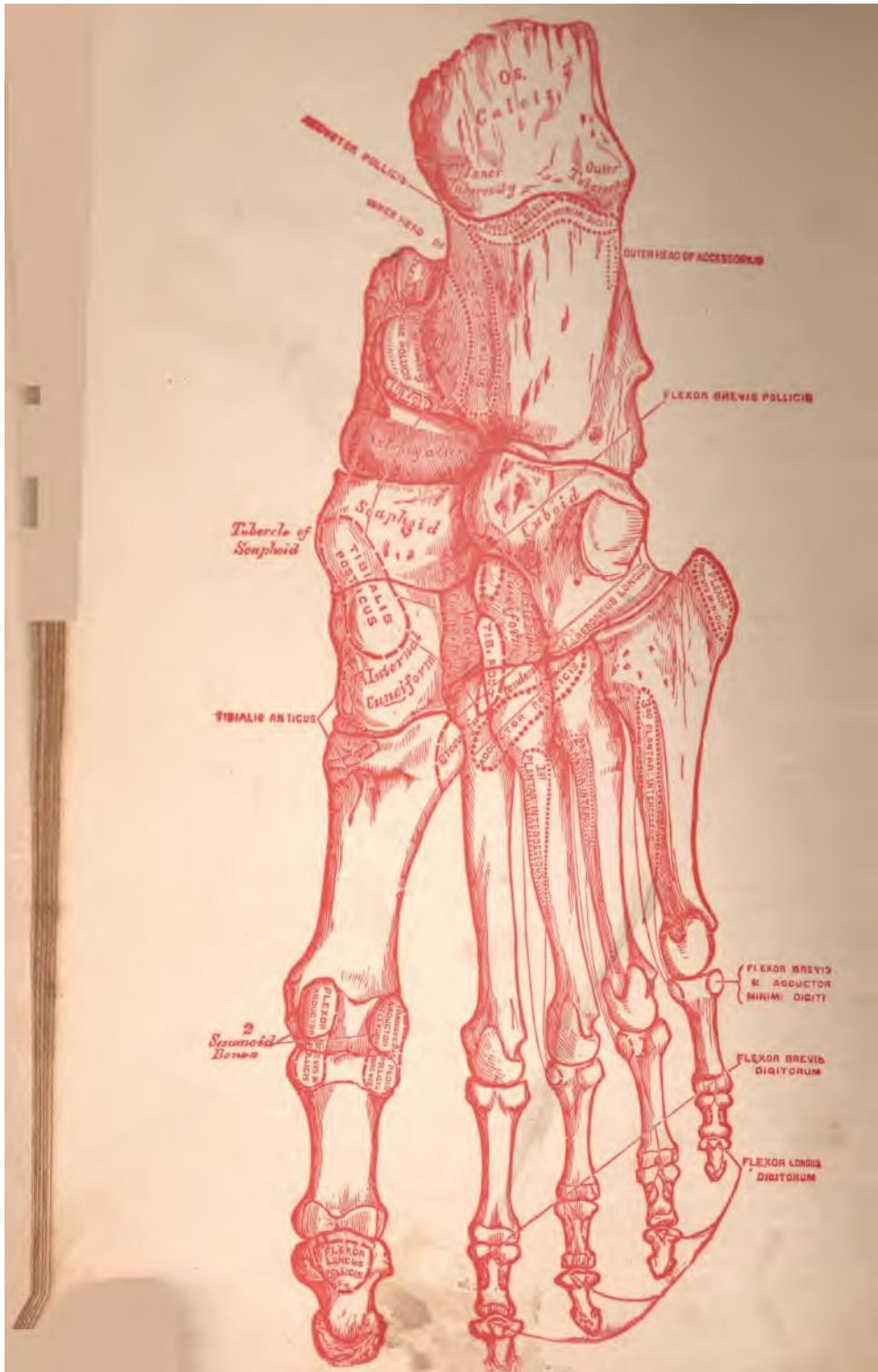
2. Chlorate of potassa, three drams; peppermint-water, five ounces. Dissolve. Take a tablespoonful every three hours.

3. Chlorate of potassa, two drams; tincture of chloride of iron, one dram; simple syrup and water, each two fluid ounces. Mix. Take a tablespoonful every three hours.

4. Carbolic acid, twenty-five minims; acetic acid, half a dram; honey, two drams; tincture of myrrh, two drams; water enough to make six ounces. Mix together the acids first, and then, gradually, the honey and water.

**DROPSY.**—Extract hemlock, or conium, one dram; powdered cantharides, forty grains; calomel, thirty grains; powdered ipecac, twenty grains. Mix, and divide into forty pills. Take one three times a day.





# ACCIDENTS AND INJURIES.

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## WHAT TO DO TILL THE DOCTOR COMES.

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### Domestic Surgery and Emergencies of the Home.

**How to Bandage.**—There is not a more important art connected with domestic surgery than that of bandaging. To do it well requires much practice and no little judgment. The material employed in bandaging is usually stout unbleached cotton, from two or three to nine or ten inches wide, and from six to twelve yards long; the former length and breadth will do best for the leg. If commenced at the ball of the foot, and evenly applied so that each fold overlaps the other about one-third, it will reach to the knee. Fig. 99 will best show the mode of application. The bandage having been first tightly rolled up, is taken in the right hand of the operator; the end is passed under the foot, and held there by the left hand until it is secured by one turn of the bandage over it; an upward direction is then taken, so that a couple of folds brings the bandage up to the front of the leg, over the instep; the next turn will naturally pass above the heel behind; and then, if proper care be observed, it will go on fold above fold, each overlapping the other slightly, all up the leg. The bandage is passed from the right to the left hand each time it goes round the leg, and great care should be taken to hold it firmly, and equalize the pressure, as well as to smooth out any wrinkles that may occur in the process of binding. A firm and even support is thus afforded to the limb, which is not likely to crease, or get displaced by the motion which may be afterwards necessary; it may be made fast above

FIG. 99.



have become about normal, stimulating friction, with soap-liniment, alcohol and water, or spirit of camphor, at the same time raising the parts a little higher than the rest of the body, should be tried, after which, the air of the room having been gradually warmed, exposure to the air for a time is advisable. The parts may then be covered with cotton, and as the circulation becomes better stimulants and warm drinks may be cautiously administered.

If, in spite of intelligent effort to prevent it, gangrene should set in, the treatment should be such as is proper for this condition.

**The Constitutional Effects of Cold.**—This is first stimulating, then pain and uneasiness supervene; general numbness and drowsiness, with an almost irresistible desire to sleep, which if yielded to means death from congestion of the large internal organs. The slowing of the breathing, failing nervous power, and impeded circulation, make up a picture similar to apoplexy.

*Treatment.*—In addition to the local means advised above, artificial respiration, as directed under the head of Drowning, should be tried, and the temperature of the apartment must be raised even more gradually than when dealing with merely a frozen member.

**Sudden Accidents and Injuries.**—These generally take place in traveling. The first thing is to remove any pressure on the body, and allow the air to come freely to the injured portion. If violent bleeding be perceived from any part, endeavor to arrest it, by placing

FIG. 107.



on it a pad of folded linen and a bandage (see Fig. 107). Should it be a limb, and the blood be of a bright scarlet, tie a bandage tightly above

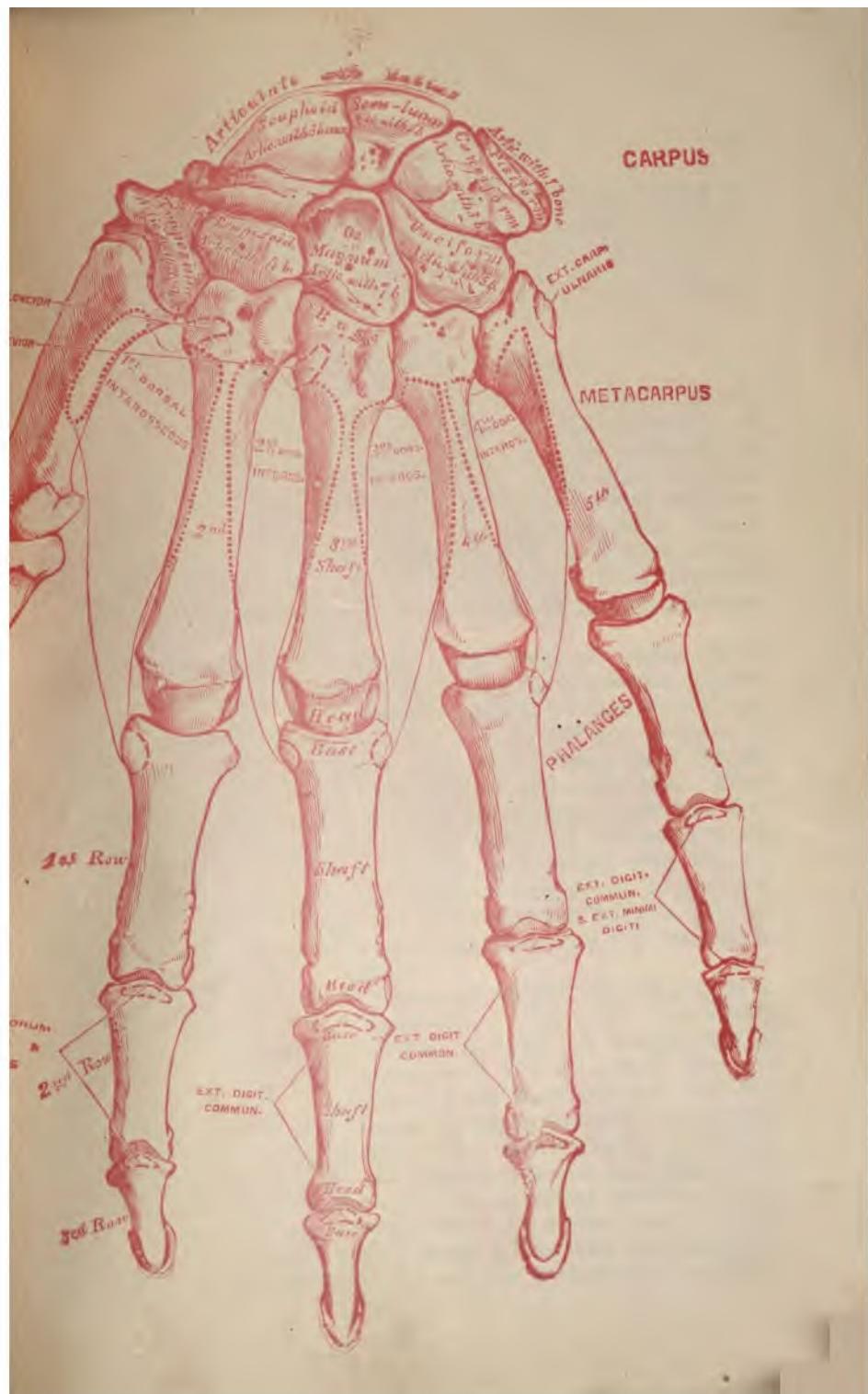
the part: the tightness may be increased by inserting a piece of stick, and twisting it round, as in Fig. 108. Should no medical man be obtainable, the bleeding must be stopped by using

FIG. 108.



a little hook called a tenaculum, the nearest approach to which is a shoemaker's sewing-awl. This is put into the wound and the vessel from which the blood flows hooked and drawn forward; a piece of silk is then

tied round the vessel. If blood is still ejected from the wound,



*C.*—Flexor carpi ulnaris.  
*D.*—Palmaris longus.  
*E.*—Palmaris brevis.  
*N.*—Abductor minimi digiti.  
*M.*—Flexor brevis minimi digiti.  
*A.*—Tendon flexor sublimis of 4th finger.  
*A.*—Tendon flexor sublimis of 3d finger.  
*A.*—Tendon flexor sublimis of 2d finger.  
*A.*—Tendon flexor sublimis of 1st finger.  
*B.*—Flexor sublimis digitorum.  
*H.*—Flexor carpi radialis.  
*F.*—Opponens pollicis.  
*G.*—Abductor pollicis.  
*H.*—Flexor brevis pollicis.  
*K.*—Adductor pollicis.  
*L.*—Flexor longus pollicis.  
*L.*—Lumbricals.



mattress, exercise in the open air (short of fatigue), lying on the back after exercise, gymnastic exercise that shall bring into full play the weak side, and sea-bathing. If these means, steadily persevered in for some months, fail to do good, recourse must be had to mechanical contrivances under medical advice.

#### THE TREATMENT OF WOUNDS.

In no other department of surgery has there been more advancement in the past few years than in the treatment of wounds. The discovery of aseptic and antiseptic methods has revolutionized surgery in all its branches. Very many of these principles can be used by the layman in the treatment of ordinary wounds, the theory being simple and easily applied. Many wounds which by previous treatment would have taken a long while to heal and where much pus would likely have formed if treated by the old methods may now be healed quickly and with little difficulty.

**Asepsis and Antisepsis.**—The first of these terms means *without* poisonous material. The second means *against* poisonous materials. In the aseptic method of treatment chemical antiseptics or heat, or both, are used for the purpose of obtaining absolute cleanliness; that is, a freedom from disease germs which would set up inflammation and cause pus. After this absolute cleanliness is obtained no antiseptics are used but the dressings, instruments, and the hands of the surgeon are thoroughly aseptic. This is to say, that before their use, all disease germs upon them have been destroyed by antiseptics. The wound being aseptic and the dressings being aseptic no disease germs are allowed to enter and consequently there is no necessity of antiseptic measures.

The safer method of treatment for the laymen to use in ordinary wounds is the antiseptic. The most universally valuable and available antiseptic is heat. A temperature of 140 degrees F. for ten minutes will kill all germs that are ordinarily met with. Moist heat is far more efficient than dry heat. This method of killing all germs on dressings before they are applied may be used in any home. It may be done by boiling or by placing in an oven the instruments and dressings. Old sheets can be prepared and will form excellent sterilized dressings. Among antiseptic drugs there are a very large number with more or less germ killing power. The two most available for family use are carbolic acid and the bichloride of mercury.

# ROENTGEN X RAYS.

Their Application in Medicine and Surgery.

By DAYTON C. MILLER, D. Sc.,

Professor of Physics in Case School of Applied Science, Cleveland, Ohio.

Probably never before has a scientific discovery been made which has attracted such universal attention as that of a "New Kind of Rays" announced by Prof. W. C. Roentgen of Würzburg, in December last. The enthusiasm aroused by the first newspaper reports increases as the weeks go by, and results of real value are being obtained every day.

The Roentgen rays seem to be developed only by an electrical discharge in a high vacuum; and a brief review of experiments in this direction will be useful. Geissler, a physicist of Bonn, about fifty years ago, constructed vacuum tubes, which bear his name, for experiments of this kind. A degree of exhaustion of about two-hundredths of an atmosphere was used. A "tube" in the sense here used is any closed glass vessel having two wires sealed into its sides, which are to be used as the electrodes of an electric circuit, and between which the discharge is to take place in the interior of the tube, which has been exhausted before sealing. The electrode by which the current enters the tube is called the anode, and the one by which it leaves is the cathode. The high tension current required is usually produced by an induction coil. Brilliant and beautiful color effects are produced when the current passes through tubes of various kinds of glass and containing various gases. Geissler tubes are used only for these display purposes.

About twenty years ago Wm. Crookes, of England, constructed tubes of great variety, some very highly exhausted. The phenomena exhibited by these tubes were so surprising and wonderful that they constituted a new class of phenomena. Tubes made for repeating these experiments are called Crookes

## THE X RAY LIGHT.



Looking at the bones of the hand by means of  
**THE X RAY INSTRUMENT.**



**PRACTICAL APPLICATION OF THE X RAY IN SURGERY.**  
A bullet located in a boy's hand, which was supposed to be in the forearm.

# PHYSICAL CULTURE,

## A WONDERFUL POWER OVER DISEASE.

It is an undisputed fact that the lack of proper exercise is the cause of much physical debility, disease, and suffering.

The value of systematic exercises of various kinds as a remedial measure has for ages been recognized by both barbarous and civilized nations. The Chinese have, according to reliable authority, understood the remedial value of exercises for two thousand years. The ancient Greeks and Romans employed exercises of various sorts not only for developing the body, but for relieving many diseased conditions.

We will consider briefly some of the principal remedial effects of the employment of medical gymnastics.

1. **To Regulate the Circulation.**—The circulation of the blood is greatly influenced by the action of the muscles. Muscular action presses the blood through the veins more rapidly, thus its progress towards the heart is greatly accelerated. In cases of muscular inactivity, the Swedish movements will often produce marvelous results in restoring an unbalanced circulation to its normal condition.

2. **To Increase Secretion and Excretion.**—Where there is a great diminution of secretion or excretion, systematic movements are of great service. They are especially useful in cases of torpid liver and inactivity of the skin.

3. **To Increase Respiratory Power.**—The breathing power and capacity of the lungs can in no way be so rapidly and powerfully developed as by lung gymnastics. We have known persons thus to double their breathing capacity in a few weeks. Thousands have been saved from a consumptive's grave through systematic exercise.

4. **To Increase Digestive Power.**—In many chronic diseases of other organs as well as in functional derangement of the stomach, deficient muscular power of the stomach and intestinal canal may be greatly benefited and in many cases completely cured by this treatment.

5. **To Increase Assimilation.**—Many chronic diseases owe their cause to imperfect assimilation. It is not what we eat or what we digest that benefits us, but what we assimilate through the system. There is no means by which assimilation may be so powerfully stimulated and encouraged as by the careful employment of Swedish movements.

6. **To Increase Vital Action.**—This method of treatment is of great service in cases of general debility, and all other diseases in which there is inactivity of the vital functions.

7. **To Regulate Muscular Action.**—No remedy is of greater value in treatment of disordered muscular activity, as in various distortions of the spine, resulting from unequal muscular action, also in many cases of displacement of the womb and various other disorders peculiar to women.

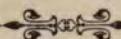
In cases of paralysis no other remedy, unless it be electricity, will accomplish so much as systematic, skillful, physical exercise.

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Our limited space forbids giving detailed directions for carrying out a course in physical culture. A complete manual with all the movements illustrated can be had for from twenty-five cents to fifty cents of Fowler & Wells Co., 775 Broadway, New York City.

## HYDROPATHIC TREATMENT.

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### HEALING PROPERTIES OF WATER.

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The utility of water as an agent in the treatment of disease is not a modern discovery. Very few to-day realize the great diversity of the uses of water and the prompt and efficient character of its effects.

**Water as a Tonic.**—The hot bath is a very efficient stimulant. It will frequently increase the circulation from 70 to 100 or over in fifteen minutes. A short cool bath has also very beneficial results.

**Water as an Emetic.**—In the great majority of cases, warm water is all that is needed; the addition of a little mustard will often increase its efficiency.

**Water as a Sedative.**—Cold water is one of the most effective sedatives; it will lower the temperature, rapidly diminish the pulse, and restrain excessive vital action.

**Water as an Anodyne.**—The effects of local applications of both warm and cold water in relieving pain are well known. In many other modes of application water is also effective in a very great degree in relieving pain and nervous irritability.

**Water as an Anaesthetic.**—At a very low temperature or in the form of ice, water is a well-known anaesthetic.

**Water as a Dissolvent.**—By cold or alternate hot and cold applications, chronic swellings of the joints and other parts, enlargements of lymphatic glands, may be successfully treated with water.

**Water as an Alterative.**—For a long time mercury has been considered the leading alterative, but time compels it to yield to water. The most mercury can do is to destroy the elements of the blood, while water not only accelerates waste, but increases construction of the same portion, according to the experiments of Prof. Liebig and other eminent observers. This effect of water results from both internal and external use.

**Solvent Properties of Water.**—With the exception of air, water is the most transient of all the elements received into the body. It is eliminated by the skin, the lungs, the kidneys, and the intestines. By its solvent action it dissolves the various poisonous products of the disintegration of the tissues. The volume of the blood being increased, more water comes in contact with the debris contained in any part, and, in consequence, the same undesirable products are more perfectly removed. The increased amount of excrementitious matter in solution is brought in contact with the various depurating organs, producing, notably, the following results:—

1. *An increase of the urinary excretion.*—It is an important fact that this increase does not consist in the addition of water merely, or dilution, but

that there is also an increased amount of *urea*, the chief excrementitious principle removed from the blood by the kidneys.

2. *An increase in the cutaneous excretion.*—Water-drinking is one of the most efficient means of producing copious perspiration; which, as with the urinary excretion, is not a mere elimination of water, but is a real depurating process.

3. *An increase of the action of the liver.*—Experiments made by the most eminent scientists and physiologists show that the drinking of water is one of the most efficient means of increasing the activity of the liver, increasing not only the quantity of bile formed, but the amount of solid matter secreted and excreted.

4. *Increased action of the intestinal mucous membrane.*—Elimination from the mucous membrane of the intestinal canal, which is an important organ of excretion, is also increased by drinking freely of pure water. The result of this increased action is not only to remove from the blood some of its foulest constituents, but to render more fluid the contents of the intestines, and thus tend to obviate that almost universal accompaniment of sedentary habits, constipation.

The removal of clogging matters from the system in this manner allows greater freedom of vital action, so that the activities of the body are quickened, and both waste and repair, disintegration and assimilation, are accelerated.

## BATHS.

There are numerous modes of administering baths, each having its peculiar effect upon the system.

**Sponge Bath.**—Persons physically reduced may have a portion of their body bathed at a time, the bathed part being thoroughly rubbed before bathing the rest of the body. These baths have a strengthening and exhilarating effect, and also equalize the circulation.

**Shower Baths.**—Stimulate the nervous system and the skin; they are recommended particularly in diseases which require repeated sweatings.

**Pail Douche.**—This bath is highly stimulating and excites nervous action. It is also used when the temperament is sluggish.

**Wet Sheet Packing.**—This is a valuable process to reduce the heat of the body in fevers and to remove unhealthy secretions.

**The Sweating Pack.**—Is used in skin diseases, torpidity of the liver, indigestion, chronic rheumatism, and gout.

**The Vapor Bath.**—Useful in skin diseases, colds, and fevers. It should not be administered to those having weak lungs.

**Sitz Bath.**—Is used in acute inflammation of the liver, stomach, bowels, spleen, and kidneys.

**General Rules.**—All full bathing should be taken when the body is warm. In chronic cases the bath should be followed by walking, or other active exercise, if strength will permit.

No meal should be taken within an hour after bath, nor bath be taken within two hours after meal.

Wetting the head and chest before bath is a useful precaution.

## ELECTRO-THERAPEUTICS.

# The Healing Power of Electricity,

BY THE SPECIALIST,

DR. W. E. DAVIS.

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The principles upon which this practice is based are founded in truth, and have been so demonstrated to the satisfaction of critical investigation.

The facts concerning the curative power of electricity have been realized by millions of persons in this and other countries within the last few years.

It is resorted to by constantly increasing numbers as rapidly as prejudice is made to give way.

It has already been recognized and used by many of the leading physicians in this country and Europe.

Among those who have been conspicuous for their advocacy of the use of electricity as a healing agent are Hammond, Rockwell, Beard, Morgan, Garrett, Galloway, and Bolles, in the United States; Althouse and Reynolds, in England; DuBois, Raymond, Becquerel, Duchenne, and Apostoli, in

France; and Remark, Meyer, Benedict, Erb, and Helmholtz, in Germany.

In the cure of disease by the application of electricity, a most important point to be considered is the selection of proper apparatus.



## PROPERTIES OF MEDICINES CLASSIFIED AND EXPLAINED.

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**Absorbents** are medicines which destroy acidities in the stomach and bowels, such as magnesia, prepared chalk, etc.

**Alteratives** are medicines which restore health to the constitution, without producing any sensible effect, such as sarsaparilla, etc.

**Anodynes** are medicines which relieve pain, and they are divided into three kinds, paregorics, hypnotics, narcotics (see these terms); camphor is anodyne as well as narcotic.

**Aperients** move the bowels gently, as dandelion root, etc.

**Astringents** are medicines which contract the fibers of the body, diminish excessive discharges, and act indirectly as tonics.

**Carminatives** are medicines which allay pain in the stomach and bowels, and expel flatulence, as anise seed water.

**Cathartics** are strong purgative medicines, as jalap, etc.

**Cordials** are warming medicines, as aromatic confection.

**Digestives** are remedies applied to ulcers or wounds to promote the formation of matter, such as ointments, poultices, etc.

**Diuretics** act upon the kidneys and bladder, and increase the flow of urine, such as nitre, squills, etc.

**Emetics** produce vomiting, or the discharge of the contents of the stomach, as mustard, tartar-emetic, blood-root, etc.

**Expectorants** are medicines which increase expectoration, or discharges from the bronchial tubes, as ipecacuanha.

**Hypnotics** relieve pain by producing sleep, as hops, etc.

**Laxatives** are medicines which cause the bowels to act rather more than natural, such as manna, etc.

**Narcotics** are medicines which cause sleep or stupor, and allay pain, such as opium, etc.

**Nutrients** are remedies that nourish the body, as sago, etc.

**Paregorics** are medicines that actually assuage pain, such as compound tincture of camphor, etc.

**Purgatives** are medicines that promote the evacuation of the bowels, such as senna, etc.

**Sedatives** are medicines which depress the nervous energy, and destroy sensation, so as to compose, as foxglove, etc.

**Stimulants** increase the action of the heart and arteries, or the energy of the part to which they are applied, such as sassafras used internally, and savin used externally.

**Tonics** give general strength to the constitution, restore the natural energies, and improve the tone of the system.

# REMEDIES

## CLASSIFIED ACCORDING TO EFFECTS.

Medical Name.	Properties.	Dose for Adult. Child's Dose see page 350.
Aconite Leaves, Tincture of..	Sedative, Narcotic.....	1 to 5 drops 4 times daily.
Aconite Root, Solid Extract of..	Sedative and Narcotic.....	$\frac{1}{4}$ to 1 grain 3 times daily.
Aconite Root, Tincture of....	Sedative and Narcotic.....	1 to 2 drops 4 times daily.
Aloes, Socotrine, Powdered..	Cathartic.....	5 to 15 grains at bedtime.
Alum.....	Astringent.....	5 to 15 grains.
Ammonia, Aromatic Spirits of..	Stimulant.....	10 to 20 drops in water.
Ammonia, Carbonate of.....	Stimulant and Expectorant..	3 to 5 grains every 3 hours.
Ammonia (Hartshorn).....	Stimulant.....	5 to 10 drops in water.
Ammonium, Bromide of.....	Sedative.....	5 to 20 grains.
Ammonium Chloride (Sal-ammoniac).....	Expectorant, Diuretic.....	5 to 20 grains.
Angelica Root, Fluid Ext. of..	Aromatic.....	Teaspoonful 4 times daily.
Anise Seed, Oil of.....	Aromatic.....	5 to 10 drops on sugar.
Antimonial Powder (James')..	Diaphoretic.....	2 to 5 grains.
Antimicrobial Wine.....	Emetic.....	2 teaspoonfuls.
Arsenic, Donovan's Solution..	Alterative.....	5 to 10 drops.
Arsenic, Fowler's Solution..	Alterative.....	1 to 6 drops.
Arsenic, white.....	Alterative.....	$\frac{1}{4}$ of a grain.
Asafetida.....	Antispasmodic.....	1 to 5 grains (in pills).
Asafetida, Tincture of.....	Antispasmodic.....	15 to 30 drops.
Atropia (Active Principle of Belladonna).....	Narcotic.....	$\frac{1}{4}$ grain.
Balsam of Copaiba.....	Diuretic.....	20 drops 4 times a day
Balsam of Peru.....	Expectorant.....	15 drops every 3 hours
Balsam of Tolu, Syrup.....	Expectorant.....	One teaspoonful.
Bearberry Leaves, Decoction..	Diuretic.....	Wineglassful.
Bearberry Leaves, Fluid Ext..	Diuretic.....	Teaspoonful.
Belladonna, Plaster.....	Anodyne.....	For external use.
Belladonna, Solid Extract..	Narcotic.....	$\frac{1}{4}$ to $\frac{1}{2}$ grain.
Belladonna, Tincture of.....	Narcotic.....	3 to 5 drops.
Benzoic Acid.....	Expectorant.....	5 to 10 grains.
Bismuth, Subnitrate of.....	Anti-emetic.....	20 to 30 grains.
Bittersweet, Decoction of..	Narcotic.....	Wineglassful.
Black Drop.....	Narcotic.....	5 to 10 drops.
Blackberry Root.....	Astringent.....	Wineglassful.
Blackberry Root, Syrup.....	Astringent.....	Teaspoonful.
Blood-root, Tincture.....	Expectorant.....	5 to 10 drops.
Blue Mass.....	Alterative.....	8 to 5 grains.
Boneset, Infusion.....	Diaphoretic.....	Tablespoonful.

## KEY TO PRESCRIPTIONS.

### SCIENTIFIC NAMES REDUCED TO COMMON ENGLISH.

It is a source of great satisfaction to know what the doctor has prescribed. By reference to the following TABLE OF REMEDIES we may learn just what our prescription is composed of.

For signs and weights see page 357.

LATIN.	ABBREVIATION.	COMMON NAME.
1 Abies Canadensis	Abies Can	Hemlock Pine
2 Aconitum Napellus	Ac	Monk's Hood, Wolf's Bane
3 <i>Æsculus</i> Glabra	<i>Æscul</i> G	Ohio Buckeye
4 Agricus Muscarius	Agar M	Bug agaric, Amanita
5 Agnus Castus	Agnus C	Chaste-tree
6 Alnus Rubra	Al Rub	Tag Alder
7 Alumnia	Alum	Argilla, Clay, Ox. of Alum
8 Ambra Grisea	Ambra G	Ambergris
9 Ammonium Carbonicum	Amm C	Carbonate of Ammonia
10 Ammonium Muriaticum	Amm Mur	Muriate of Ammonia
11 Anacardium	Anac	Mallacca Bean
12 Antimonium Crudum	Ant C	Crude Antimony
13 Apis Mellifica	Apis Mell	Honey Bee
14 Aralia Racemosa	Aralia R	Spikenard
15 Argentum Foliatum	Arg Fol	Silver Foil
16 Argentum Nitricum	Arg Nit	Nitrate of Silver
17 Arnica Montana	Arn Mont	Leopard's Bane
18 Arsenicum Album	Ars Alb	Arsenic
19 Aristolochia Virginia	Aris Virg	Virginia Snake Root
20 Arum Triphyllum	Arum T	Indian Turnip
21 Asafoetida	Asa	Asafoetida
22 Asarum Europæum	Asarum	Common Asarabacca
23 Asclepias Incarnata	Asclep I	Swamp Milkweed
24 Asclepias Syriaca	Asclep S	Common Milkweed
25 Atropin	Atrop	Alkaloid of Belladonna
26 Aurum Foliatum	Aurum F	Gold
27 Aurum Muriaticum	Aur Mur	Muriate of Gold
28 Baptisia Tinctoria	Bap Tinct	Wild Indigo
29 Baryta Carbonica	Baryta	Carbonate of Baryta
30 Belladonna	Bell	Deadly Nightshade
31 Borax	Borax	Biborate of Soda
32 Bovista	Bov	Puff-ball

## ANTIDOTES ♦ DISEASES.

On this page is given, under corresponding number of opposite page,  
the antidote or remedy having counteracting effect of remedy (same  
number) on opposite page.

Following the dash — is named a few of the diseases for which the  
remedy of same number on opposite page is used.

### ANTIDOTES.

### DISEASES.

- 1 Coffee.—Dyspepsia, palpitation of the heart.
- 2 Vinegar, Coffee.—Fevers, lungs, croup, heart disease, neuralgia.
- 3 Nux Vom.—Piles, lame back, constipation, spasms.
- 4 Salt, Ether.—Apoplexy, chorea, delirium tremens.
- 5 Wine, Coffee.—Impotence, scanty secretion of milk.
- 6 Sulphur.—Skin diseases.
- 7 Ipecac, Soda.—Leucorrhœa, lead colic, constipation.
- 8 Camphor.—Hysterics, hard hearing, dry cough.
- 9 Camphor, Lemon-juice.—Syphilis, dysmenorrhœa, epilepsy.
- 10 Oil, Elm Bark.—Catarrh, constipation, diarrhoea.
- 11 Camphor.—Weakness of mind, heart disease.
- 12 Mercurius, Puls.—Weakness of digestion, scald head.
- 13 Arnica, Onion.—Diseases of the kidneys, dropsy.
- 14 Cimicifuga, Nux.—Gravel, leucorrhœa, dry cough.
- 15 Pulsatilla, Merc.—Mealancholy, rheumatism of joints.
- \*16 Common Salt.—Gonorrhœa, cracked nipples, epilepsy, diarrhoea.
- 17 Vinegar, Camphor.—Bruises, swelling of the glands, lungs.
- 18 Iron, Ipecac.—Diarrhoea, fever and ague, obstinate skin diseases.
- 19 Camphor.—Sick headache, piles, dyspepsia.
- 20 Onion.—Salivation, inflammation of mouth and throat, asthma.
- 21 Camphor.—Hysterics, dyspepsia, premature menses.
- 22 Vinegar, Camphor.—Colic, vomiting.
- 23 Pulsatilla.—Asthma, pleurisy, diarrhoea, cough, catarrh.
- 24 Bryonia.—Headache, dropsy, influenza, rheumatism.
- 25 Coffee.—Neuralgia, spasms, paralysis, whooping cough.
- 26 Merc., White of Eggs.—Diseases of the bones, sexual organs.
- 27 Nitric Acid.—Chronic catarrh, dropsy, syphilis.
- 28 Bryonia.—Typhoid fever, diphtheria, dysentery.
- 29 Soda or Magnesia in Vinegar.—Scrofulous swellings, rickets.
- 30 Vomit, Coffee.—Diseases of brain, nerves, glands, lungs, skin.
- 31 Mercurius.—Sore mouth, menses during nursing, liver spots.
- 32 Camphor.—Externally to stop bleeding, headache.

# DISINFECTANTS.

## HOW TO DESTROY GERMS OF DISEASE.

**Disinfectants** are substances possessing the power of destroying germs of diseases, and which also, by absorbing or decomposing impure gases, purify the atmosphere.

1. FRESH AIR AND SUNLIGHT.
2. WATER.—Dishes of water placed in a room will absorb impure gases. Care should be taken to change the water frequently.  
A pailful of water placed in a freshly painted room will remove the disagreeable odor of the paint.
3. CHARCOAL.—Powdered charcoal is very efficacious in absorbing foul odors; it should be exposed in open pans.
4. FRESH EARTH.—Fine dry earth sprinkled over offensive matters, or placed in boxes about a room, is also efficacious in absorbing foul odors.
5. SULPHATE OF IRON, or copperas, in powder alone or mixed with lime, is an excellent disinfectant for privy-wells, slaughter-houses, ditches, etc. Or, charcoal, two ounces; sulphate of iron (copperas), forty ounces; sulphate of lime (plaster or gypsum), fifty ounces; sulphate of zinc (white vitriol), seven ounces. Mix well and scatter dry, or mix with water.
6. CHLORIDE OF LEAD.—Dissolve half a dram of nitrate of lead in a pint of boiling water, and two drams of common salt in a pail of water. Mix the two solutions and allow the sediment to settle.  
A cloth dipped in the liquid and hung up in an apartment is all that is required to purify the most fetid atmosphere. It also can be thrown down sinks, drains, etc., good also to wash infected clothes in.
7. CARBOLIC ACID.—Impure carbolic acid, one ounce; water, one gallon. Mix and sprinkle over the floors of privies, about sinks, etc.
8. RED CLAY mixed with a four per cent. solution of sulphuric acid, and a little carbolic acid, is also a good disinfectant.

# Poisons and Their Antidotes.

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ACT QUICKLY. TIME IS LIFE.

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**First**—Send for a physician.

**Second**—Induce vomiting as speedily as possible by drinking hot water, or strong mustard and water, swallow sweet oil, or whites of eggs. Tickle the throat with a feather.

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**Irritant Poisons** are arsenic, antimony, mercury, iodine, chlorine, ammonia, cantharides, alkalies, and strong acids—cause intense burning pain in throat and stomach. Vomiting *must* be produced. After the stomach has been evacuated of a poison, take oil, or whites of several eggs, flaxseed tea, slippery elm tea, gum arabic in solution, or gelatine.

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**Narcotic Poisons** are opium, chloral, alcohol, belladonna, aconite, strychnia, carbolic acid—produce deep sleep and insensibility, which must be counteracted by shocks to the nervous system by dashing *cold* water on the spine and chest, also drink strong coffee and other stimulants. Keep patient awake and moving at any cost.

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## SPECIAL POISONS AND ANTIDOTES.

POISONS.	ANTIDOTES.	POISONS.	ANTIDOTES.
Acids: Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis).	Soapsuds, magnesia, lime water.	Carbonate of Soda, } Copperas, Cobalt, }	Soapsuds and mucilaginous drinks.
Prussic Acid.	Ammonia in water. Dash water in face.	Iodine, Antimony, Tartar Emetic.	Starch and water, astrin- gent infusions, strong tea.
Carbolic Acid.	Flour and water, mucilaginous drinks.	Mercury and its Salts.	Whites of eggs, milk, mucilages.
Alkalies: Potash, Lye, Hartshorn, Ammonia.	Vinegar or lemon juice in water.	Nitrate of Silver, Lunar Caustic.	Salt and water.
Bug Poison, Lead, Salt-peter, Corrosive Sub-limate, Sugar of Lead, Blue Vitriol.	Whites of eggs or milk in large doses.	Strychnine, Tinct. of Nux Vomica.	Mustard and water, sulphate of zinc, absolute quiet, plug the ears.
Arsenic, Rat Poison, Paris Green.	Milk, raw eggs, sweet oil, lime water, flour and water.	Opium, Morphine, Laudanum, Paregoric, Soothing Powders or Syrups.	Strong coffee, hot bath, keep awake and moving at any cost.
Chloroform, Chloral, Ether.	Dash cold water on head and chest, artificial respiration, piece of ice in rectum.		

# “PATENT MEDICINES.”

*The following named Compounds have been carefully*

**ANALYZED BY EXPERT CHEMISTS,**

*With the results as given below, and published from time to time in one or more of the following leading journals: The Medical World of Philadelphia, The Western Druggist of Chicago, The New England Druggist of Boston, and other publications.*

## **Ayer's Sarsaparilla.**

Alcohol, 2 ounces; fluid extract sarsaparilla, 3 ounces; fluid extract yellow dock, 2 ounces; fluid extract burdock, 2 ounces; fluid extract stillingia, 2 drams; fluid extract mandrake, 1 dram; potassium iodide, 2 drams.

## **Ayer's Ague Cure.**

Each bottle contains six ounces of a dark red syrupy liquid, with a slight white sediment, a very bitter taste, and an odor of wintergreen oil. It consists of an alcoholic tincture of cinchona bark, with an addition of about three grains of quinidine and three grains of sulphate of cinchonine for each fluid ounce, dissolved by the aid of sulphuric acid; it is sweetened with sugar and flavored with oil of wintergreen. The white sediment consists of sulphate of lime.

## **Ayer's Cathartic Pills.**

Each box contains 30 sugar-coated pills, each weighing nearly 4 grains, and consisting of aloes, compound extract of colocynth, gamboge, Spanish pepper, and oil of peppermint.

## **Hood's Sarsaparilla.**

After a careful analysis of this remedy it is believed that it does not differ materially from similar preparations.

## **Radway's Regulating Pills.**

Each box contains 29 to 31 sugar-coated pills of unequal size. They consist of 30 grains of aloes, 15 grains of jalap, 8 grains of gamboge, and of some inert substance.

## **Radway's Ready Relief.**

Two and one-half fluid ounces (in a 50 cent bottle) of a light brown liquid consisting of 2 ounces of soap liniment, 2 drams alcoholic tincture of Spanish pepper, and 2 drams of strong aqua ammonia (hartshorn).

## **Himrod's Asthma Cure.**

Powdered lobelia, 2 ounces; powdered stramonium leaves, 2 ounces; powdered saltpeter, 2 ounces; powdered black tea, 2 ounces. Mix and sift well.

**S. S. S. Swift's Specific.**

Old man's gray-beard root, 1 bushel; prickly ash root, 16 ounces; white and red sumac root, each 4 ounces; sarsaparilla root, 10 ounces; sulphate of copper, 8 scruples.

**Kennedy's Medical Discovery.**

Sneezewort, 1 ounce; bitter root, 4 drams; licorice root, 4 drams; white sugar, 4 ounces; essence wintergreen, 1 ounce; boiling water, 8 ounces; proof spirits, 10 ounces. Macerate the roots with menstruum for 48 hours, filter and add sugar.

**Jackson's Pectoral Syrup.**

Sassafras pith, 1 dram; gum arabic, 1 ounce; water, 1 pint. Macerate for 12 hours, then add sugar, 21 ounces, and dissolve without heat, filter and add morphine muriate, 8 grains. Dose: A teaspoonful every 3 hours. It is intended that this preparation when completed shall measure 2 pints, and if it does not, the operator is to add the complement of water, so that each fluid ounce shall contain  $\frac{1}{4}$  of a grain of muriate of morphia.

**Sozodont.**

Castile soap, 75 grains; glycerine, 75 grains; alcohol, 1 ounce; water, 5 drams; oil peppermint, oil cloves, oil cinnamon, oil anise, of each sufficient.

**Carter's Little Liver Pills.**

Podophyllin,  $1\frac{1}{2}$  grains; aloes (socotrine),  $3\frac{1}{2}$  grains; mucilage acacia, sufficient quantity. Mix. Divide into 12 pills, and coat with sugar.

**Hall's Hair Renewer.**

Tea, 2 drams; raspberry, 3 drams; sage, 4 drams; oil citronella,  $21\frac{1}{2}$  drams; best lac sulphur, 18 drams; white sugar lead, 2 ounces, 10 grains; glycerine, 42 ounces; water, sufficient quantity.

**Fellows' Syrup of Hypophosphites.**

Hypophosphite calcium, 740 grains; hypophosphite sodium, 256 grains; hypophosphite potassium, 192 grains; hypophosphite manganese, 192 grains; strychnine, 4 grains; sulphate iron, crystallized, 370 grains; sulphate quinine, 128 grains; sugar, 24 ounces; orange flower water, 1 ounce; water, 32 ounces.

**Horsford's Acid Phosphate.**

Calcium carbonate, 369 grains; magnesia (calcined), 116 grains; potassium carbonate, 151 grains; syrupy phosphoric acid (60 per cent.), 1,721 grains. Add sufficient water to make 1 pint.

**Magnolia Balm.**

Zinc oxide, 4 drams; glycerine,  $1\frac{1}{2}$  fluid ounces; water, 2 ounces; carmine,  $\frac{1}{4}$  grain; oil bergamot, 1 minim; oil lemon, 1 minim.

**German Cologne.**

Cologne spirits, 1 quart; oil bergamot,  $\frac{2}{3}$  ounce; oil cedrat,  $\frac{1}{2}$  ounce; oil lemon,  $\frac{1}{2}$  ounce; water, warm,  $\frac{1}{2}$  quart.

**Jayne's Expectorant.**

Syrup squills, 2 ounces; tincture tolu, 12 drams; tincture camphor, 1 dram; tincture lobelia, 1 dram; tincture digitalis, 2 drams; laudanum, 4 grains; powdered ipecac, 4 grains; tartar-emetic. Mix together.

**Jayne's Ague Mixture.**

Each bottle contains 7½ fluid ounces of a mixture having the odor and taste of rhubarb, dandelion, and common molasses. It contains sulphate of quinine and traces of other cinchona alkaloids, but not enough to render the mixture very bitter.

**Hall's Catarrh Cure.**

Iodide of potassium, 1 dram; tincture of cardamom compound, 4 ounces; tincture of gentian compound, 12 ounces; caramel, sufficient to color.

**Green's August Flower.**

Rhubarb, 360 grains; golden seal, 90 grains; cape aloes, 16 grains; peppermint leaves, 120 grains; potassium carbonate, 120 grains; capsicum, 5 grains; sugar, ½ pound; alcohol, 3 ounces; water, 10 ounces. Macerate the mixed drugs in the water and alcohol, filter, and pass sufficient diluted alcohol through the filter to make one pint, in which dissolve the sugar.

**Cutieura Resolvent.**

Socotrine aloes, 1 dram; powdered rhubarb, 1 dram; iodide potassium, 36 grains; whisky, 1 pint. Macerate over night and filter.

**Warner's Safe Cure.**

Add potassium nitrate to an infusion of hepatica in the proportion of 15 grains to a fluid ounce, flavoring with oil of wintergreen, adding a small amount of alcohol for preserving.

**Ely's Cream Balm.**

White wax, 30 parts; paraffine, 15 parts; oil of sweet almonds, 60 parts; petrolatum, 120 parts; nitrate of sodium, 15 parts; water, 15 parts; oil of lemon, 5 parts; oil of orange, 1 part.

**Allen's Lung Balsam.**

Tincture sanguinaria, tincture lobelia, tincture opium, tincture capsicum, essence sassafras, essence anise, New Orleans molasses.

**Shilo's Consumptive Cure.**

Hydrochlorate morphine, 4 grains; oil peppermint, 10 drops; oil tar, 1 fluid dram; dilute hydrocyanic acid, 1 fluid dram; chloroform, 2 fluid drams; powdered extract licorice, 2 drams; tincture lobelia, 4 fluid drams; alcohol, 1 fluid ounce. Syrup to make 1 pint.

**King's New Discovery.**

Sulphate morphine, 8 grains; fluid extract ipecac, ½ dram; chloroform, 60 drops; tincture white pine, 2 fluid ounces; carbonate magnesia, ½ ounce; sugar, 14 ounces; water, 7 fluid ounces.

**Castoria.**

Senna, 2 drams; manna, ½ ounce; Rochelle salts, ½ ounce; fennel, bruised, ½ dram; dissolve with 4 ounces boiling water, cool, strain, and add 4 ounces sugar; add sufficient wintergreen to flavor.

**Sage's Catarrh Remedy.**

Half an ounce of a green powder consisting of 200 grains of finely powdered common salt mixed with 8 to 12 grains of powdered camphor, the same quantity of carbolic acid, and colored with a mixture of 20 grains finely powdered yellow puccoon root with 2 grains of indigo.

**Christie's Ague Mixture.**

Each bottle contains 7 fluid ounces of a very dark, syrupy liquid, one-fourth filled with sediment, and having a very bitter and peppery taste and the odor of common molasses. The sediment is powdered Spanish pepper and a little resinous matter. The solution consists of a tincture of cinchona bark with the addition of sulphate of cinchonine and common molasses.

**Keating's Cough Lozenges.**

Lactucarium, 2 drams; ipecac, 1 dram; squills,  $\frac{1}{2}$  dram; extract licorice, 2 drams; sugar, 6 ounces. Make in a mass with tragacanth mucilage, and divide into 20-grain lozenges.

**Brown's Troches.**

Powdered extract licorice, 16 ounces; powdered sugar, 24 ounces; powdered cubeb, 4 ounces; gum arabic, 4 ounces; extract hemlock, 1 ounce. Mix, and with sufficient water make troches of the proper size.

**Harter's Wild Cherry Bitters.**

Wild cherry bark, 8 ounces; yellow cinchona, 1 ounce; orange peel, 2 ounces; cardamom seed, 1 ounce; Canada snakeroot,  $\frac{1}{2}$  ounce; diluted alcohol, 6 pints; honey, 1 pint; syrup, 1 pint.

**Thompson's Hot Drops.**

Myrrh, powdered, 2 ounces; capsicum,  $\frac{1}{2}$  ounce; alcohol, 1 quart. Macerate and filter.

**Clark's Blood Mixture.**

Iodide potassium, 64 grains; chloric ether, 4 drams; liquor potassæ, 30 minims; water,  $7\frac{1}{2}$  ounces. Burnt sugar, sufficient to color.

**Tarrant's Effervescent Seltzer Aperient**

consists of a mixture of powdered sugar, Epsom salt, bicarbonates of soda and potash, and tartaric acid.

**Kendall's Spavin Cure.**

Camphor, 21 parts; oil of turpentine, 30 parts; oil of rosemary, 1 part; iodine, 5 parts; alcohol, 192 parts; water, 39 parts. Dissolve the solids in the alcohol, and add remainder.

**St. John's Condition Powders.**

Powdered fenugreek, powdered potassium bitartrate, powdered gentian, powdered potassium nitrate, powdered sulphur, powdered rosin, powdered black antimony, powdered ginger, each 1 ounce; powdered capsicum, 4 drams. Mix well.

**Pierce's Pleasant Purgative Pellets.**

Each little bottle contains 28 to 36 small sugar-coated pills of unequal size, weighing in all 18 to 22 grains. Their cathartic effect is solely due to podophyllin, the resin of the root of the May-apple.

**Pierce's Golden Medical Discovery.**

Seven fluid ounces of a dark brown liquid consisting of a solution of 1 dram extract of lettuce, 1 ounce of honey,  $\frac{1}{2}$  dram tincture of opium in 3 ounces of dilute alcohol, and 3 ounces of water.

**Pierce's Favorite Prescription.**

Ten fluid ounces of a greenish-brown turbid liquid consisting of a solution of  $\frac{1}{2}$  ounce of sugar and 1 dram of gum arabic in 8 ounces of a decoction made from 2 drams of savin, 2 drams of white agaric,  $1\frac{1}{2}$  drams of cinnamon, and 2 drams of cinchona bark; to this mixture are added  $\frac{1}{2}$  dram of tincture of opium, and  $\frac{1}{2}$  dram of tincture of fox-glove, and a solution of 8 drops of oil of anise seed in  $1\frac{1}{2}$  ounces of alcohol.

**Mrs. Winslow's Soothing Syrup**

comes in vials containing  $1\frac{1}{2}$  fluid ounces; it consists of sugar syrup strongly flavored with an alcoholic tincture of fennel—anise—and a little caraway-seed, or an alcoholic solution of their essential oils, and with or without an admixture of solution of sulphate of morphine in various quantities. While recently it has been found not always to contain morphine, at times as much as one-half of a grain and more has been found contained in each fluid ounce of the syrup. In regard to the dangers of this nostrum, the *Pacific Medical and Surgical Journal* remarks:—

"It would be scarcely possible to estimate the number of children which it sends to the grave before they reach their second year. Another still graver question is: How much of the physical disease, drunkenness, degradation, and vice, and how many of the weakened intellects are due to the use of the soothing syrup in infancy?"

**Walker's California Vegetable Vinegar Bitters.**

Each bottle contains 19 to 20 fluid ounces consisting of a decoction of aloes and a small quantity of gum guaiac, anise seed, and sassafras bark, in water slightly acidulated with acetic acid, or by subsequent fermentation, or by the use or addition of sour cider; to this are added about 1 ounce of sulphate of soda,  $\frac{1}{2}$  ounce of gum arabic, and  $\frac{1}{2}$  to 1 fluid ounce of alcohol.

**Indiana Bitters.**

Compound tincture of cinchona, 8 ounces; compound tincture of gentian, 8 ounces; tincture colombo, 8 ounces; fluid extract of juniper berries, 8 ounces; alcohol, 16 ounces; water sufficient to make one gallon. Mix and filter.

**Hostetter's Bitters.**

Gentian, 15 grains; blessed thistle, 15 grains; calamus, 15 grains; orange peel, 60 grains; oil orange, 1 drop; sugar, 320 grains; alcohol, 12 ounces; water, 4 ounces.

**Stoughton Bitters.**

Dry orange peel, 12 pounds; American saffron, 1 pound; Virginia snakeroot, 2 pounds; gentian, 16 pounds; red saunders, 1 pound; diluted alcohol, 20 gallons.

SELECT  
FAMILY LINIMENTS  
AND  
PAIN RELIEVING REMEDIES.

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**Mexican Mustang Liniment.**

Petroleum, 2 ounces; crude oleic acid,  $\frac{1}{2}$  ounce; ammonia water, 1 ounce; naphtha,  $\frac{1}{2}$  ounce; brandy, 1 dram.

**Choice Family Liniment.**

Origanum oil, 2 ounces; aqua ammonia, 1 ounce; opium,  $\frac{1}{2}$  ounce; tincture iodine,  $\frac{1}{4}$  ounce; spike oil, 1 ounce; alcohol, 1 pint.

The above has been in constant family use for over fifty years, and is a most excellent remedy for all general purposes, both for man and beast.

**St. Jacob's Oil.**

Gum camphor, 1 ounce; chloral hydrate, 1 ounce; chloroform, 1 ounce; sulphuric ether, 1 ounce; tincture opium,  $\frac{1}{2}$  ounce; oil origanum,  $\frac{1}{2}$  ounce; oil sassafras,  $\frac{1}{2}$  ounce; alcohol,  $\frac{1}{2}$  gallon.

**Hamlin's Wizard Oil.**

Tincture camphor, 1 ounce; aqua ammonia,  $\frac{1}{2}$  ounce; oil sassafras,  $\frac{1}{2}$  ounce; oil cloves, 1 dram; chloroform, 2 drams; turpentine, 1 dram; alcohol,  $3\frac{1}{2}$  ounces.

**Perry Davis's Pain Killer.**

Spirits camphor, 2 ounces; tincture capsicum, 1 ounce; tincture guaiac,  $\frac{1}{2}$  ounce; tincture myrrh,  $\frac{1}{2}$  ounce; alcohol, 4 ounces.

**Pain Relief Liniment.**

Oil cajeput, 2 drams; oil sassafras,  $\frac{1}{2}$  ounce; oil origanum, 1 dram; oil hemlock, 1 dram; oil cedar, 1 dram; powdered capsicum, 80 grains; alcohol, quantity sufficient for 1 pint.

**Magnetic Liniment.**

Tincture cantharides, 2 drams; oil origanum, 1 ounce; muriate ammonia, 2 drams; sulphuric ether, 1 ounce; alcohol, 1 pint.

**German Liniment.**

Oil origanum, 1 ounce; oil sassafras, 1 ounce; gum camphor,  $\frac{1}{2}$  ounce; Granville's lotion, 3 drams; chloroform,  $3\frac{1}{2}$  drams; tincture aconite,  $\frac{1}{2}$  ounce; tincture capsicum,  $\frac{1}{2}$  ounce; camp. soap liniment, 1 ounce; alcohol,  $\frac{1}{2}$  gallon.

**Good Samaritan Liniment.**

Oil sassafras, oil hemlock, spirits turpentine, tincture cayenne, tincture guaiac, tincture opium, of each, 1 ounce; tincture myrrh, 4 ounces; oil origanum, 2 ounces; oil wintergreen,  $\frac{1}{2}$  ounce; gum camphor, 2 ounces; chloroform,  $1\frac{1}{2}$  ounces; alcohol,  $\frac{1}{2}$  gallon.

# CHOICE HEALING OINTMENTS.

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## Trask's Magnetic Ointment.

Lard, raisins, fine cut tobacco, each equal parts. Mix thoroughly.

## Seeley's Pile Ointment.

Sulphate morphia, 3 grains; tannin, 48 grains; pine tar, 72 grains; white wax, 72 grains; benzoated lard, 766 grains.

## Black Salve.

Olive oil, 32 ounces; resin (clear), 1 ounce; beeswax, 1 ounce; Venice turpentine,  $\frac{1}{2}$  ounce; red lead, 6 ounces; gum camphor (powdered),  $\frac{1}{2}$  ounce.

## Sanative Ointment.

Mutton suet, 16 ounces; oil of sesame, 5 ounces; oil of origanum, 1 ounce; camphor, 2 ounces; resin, 2 ounces; yellow wax, 2 ounces; borax, powdered,  $\frac{1}{2}$  ounce; glycerine,  $\frac{1}{2}$  ounce.

## Green Mountain Salve.

Resin, 5 pounds; Burgundy pitch, beeswax, mutton tallow, of each  $\frac{1}{2}$  pound; oil of hemlock, balsam fir, oil origanum, oil red cedar, Venice turpentine, of each 1 ounce; oil wormwood,  $\frac{1}{2}$  ounce; verdigris (pulverized), 1 ounce.

## Henry's Carbolic Healing Salve.

Each tin can contains about  $\frac{1}{2}$  ounce of a whitish ointment, consisting of about  $\frac{1}{2}$  ounce of simple cerate, 5 grains of carbolic acid, and 2 drops each of oil of bergamot and lavender.

## Hebra's Ointment.

Lead plaster, 1 ounce; linseed oil, 1 ounce. Mix them properly at a gentle heat. It is prepared only when wanted for dispensing.

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# WORLD FAMED FAMILY CEMENTS.

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## Van Stan's Stratena.

Acetic acid, 4 ounces; white glue, 3 ounces; French gelatine, 4 drams; shellac varnish, 4 fluid drams; distilled water, 4 fluid ounces. Dissolve the glue in the acid with heat, and the gelatine in water, with heat. Mix the two solutions gradually and thoroughly, then add the varnish, and bottle tight.

## Le Page's Liquid Glue.

This glue is made from salt fish skins. The skins are first desalted and then boiled to dissolve the glue, then strained and evaporated to the proper consistency. A small amount of boric acid is used to keep liquid, and prevent it from souring.

Another formula, said to be as good, is as follows: 8 ounces best glue, dissolved in 8 fluid ounces water, and adding small portions at a time of  $2\frac{1}{2}$  fluid ounces nitric acid.

# FAIRY MEDICATED PADS.

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The following pads have had a very large sale and are believed by many to possess real medicinal properties.

After a careful examination, expert chemists give the following probably correct analyses of their compounds.

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## Holman's Lung Pad.

Grindelia robusta, skull-cap leaves, blueberry root, bloodroot, yerba santa, gum ammoniac, white pine turpentine gum, oil of tar, oil of eucalyptus, oil of sassafras.

## Holman's Liver Pad.

May-apple root,  $\frac{1}{2}$  ounce; blackroot (*Leptandra virg.*),  $\frac{1}{2}$  ounce; bayberry bark, 2 drams; red cinchona bark, 2 ounces; fenugreek seed,  $\frac{1}{2}$  ounce; guaiac resin,  $1\frac{1}{2}$  ounces; oil eucalyptus, 2 fluid drams. Grind solids to powder, add oil, and spread upon cotton cloth forming an envelope.

## Day's Kidney Pad.

Black cohosh, gum benzoin (powdered), gum guaiacum (powdered), juniper berries, queen of the meadow, digitalis leaves, oil juniper.

## Sure Cure Liver Pad.

Mandrake root, bayberry bark, blackroot, red cinchona bark, gum guaiac (powder), fenugreek seed (powder), oil eucalyptus.

## Stomach Pad.

Bayberry, lupuline, wild ginger, sassafras bark, gum myrrh, lady's slipper, capsicum, oil fennel, oil cloves.

## Anti-Constipation Pad.

Mandrake root, aloes (powdered), extract colocynth compound (powdered), Croton oil, oil sassafras, black root, lady's slipper.

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The analysis at different times of the remedies mentioned on the foregoing pages indicate that in many cases the ingredients (either in variety or quantity) are changed more or less from time to time. The publishers of *The Cottage Physician* assume no responsibility as to the accuracy of these formulas, but give the result of a careful analysis of an expert. The formula given will produce a medicine probably having the exact effect of the remedy mentioned.

# NOTED MINERAL WATERS.

*Medical Properties and Healing Virtues Highly Indorsed by  
Eminent Physicians throughout the land.*

The special virtues and medicinal qualities of the noted mineral waters are known throughout the civilized world. Thousands of people travel hundreds of miles at great expense to these springs and are often greatly benefited. These waters have all been carefully analyzed and found to contain the ingredients as below given. They may be prepared at home and drank with very nearly if not quite equally beneficial effects as though taken from the original spring.

## Hunyadi Janos Water.

Sulphate of lime, 1½ ounces; glauber salts, 24 ounces; Epsom salt, 26 ounces; sulphate of potassa, 1 dram; pure spring water, 10 gallons.

## Vichy Water.

Carbonate of ammonia, 10 grains; bicarbonate of soda, 5½ ounces; common salt, 6 drams; phosphate of soda, 25 grains; sulphate of soda, 4 scruples; sulphate of potassa, 2 drams; pure spring water, 10 gallons.

## Congress Water.

Calcined magnesia, 1 ounce; bicarbonate soda, 20 grains; hydrate of soda, 23 grains; common salt, 7½ ounces; pure spring water, 10 gallons.

## Carlsbad Water.

Sulphate of soda, 100 grains; carbonate of soda, 25 grains; sulphate of magnesia, 15 grains; chloride of sodium, 16 grains; chloride of calcium, 15 grains; tartrate of iron and potassa, 10 grains; pure spring water, 10 gallons.

## Seltzer Water.

Bicarbonate of soda, 5½ ounces; carbonate of magnesia, 7 drams; marble dust, ½ ounce; muriatic acid (C. P.), 5½ ounces; pure spring water, 10 gallons.

## Kissingen Water.

Bicarbonate of soda, 1 dram; carbonate of lime, 2 drams and 2 scruples; precipitate carbonate of iron, 2 scruples; phosphate lime, 2 drams and 2 scruples; phosphate soda, 13 grains; sulphate magnesia, 2 ounces; sulphate soda, 2 drams and 2 scruples; muriate ammonia, 4 grains; common salt, 8 ounces; pure spring water, 10 gallons.

# SIDE TALKS WITH YOUNG MEN AND YOUNG WOMEN.

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PLAIN FACTS MODESTLY EXPRESSED.

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INCLUDING SUGGESTIONS TO PARENTS AND GUARDIANS.

When Pope gave utterance to the celebrated aphorism, "The proper study of Mankind is Man," he was doubtless fully cognizant of the fact, that the laconism embraces everything appertaining to the sexes as such, as well as to the human family generally. To a mind so astute and analytical as his, it must have been obvious that most if not all of the defects, mental and physical, peculiar to any generation or people, were attributable solely to the imperfect training of its youth, or to the indulgence of such inharmonious and incompatible marriage relations as disfigure the annals of the present day, and as have marked so frequently those of past ages.

As in the vegetable kingdom, the selection of proper seed and soil is indispensable to the production of a perfect plant, so in the animal is the enlightened and judicious blending of sexes a *sine qua non* to the production of a being representing all the excellence of its species. This is an axiom the most unassailable; and hence the vital necessity of accepting it in all its integrity, and of never transgressing it in any respect upon the exalted plane of human existence.

The sentiment of love, in its highest and most divine acceptance, can obtain between the sexes only. Although far from antagonistic to that of friendship or affection, it differs widely from it; inasmuch as it has more important ends to attain, and can never exist between individuals of the same sex. Friendship or affection for one another may characterize the intercourse of men, or of women; but love, in its truest sense, never. This latter is the golden link which unites us at once to our opposites and to heaven, and that culminates in that holy and mysterious compact which results in the propagation of our species, and the accomplishment of our mission in this direction.

While in pursuit of the study of this question, however, we must be careful not to confound or confuse the love under consideration with the mere animal passion that so often

# HUSBAND AND WIFE.

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— Their True Relations, Moral, Mental, <sup>and</sup> Physical

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## GOLDEN COUNSEL.

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We now meet, as it were, two pure beings at the altar, who have profited by the advice and example of judicious parents or guardians, of sound morals and social views; but, notwithstanding that the crowning happiness of the two lovers has been achieved in their becoming man and wife, there is yet much to be considered and accomplished on the part of both before their feet are established upon a rock.

In the first moments of his matrimonial existence, then, the newly fledged husband must not suppose for a single instant the ears or the eyes of his wife are less chaste and pure than they were before she had become his in the sight of God and man. Here is a point of vital importance, and one upon which such grave issues hang, that we place it in the very first rank of our present observations. Save in one instance alone, the conduct and consideration evinced towards the maiden must be mainly observed towards the wife; for through this manifestation of respect and delicacy, the freshness and novelty of courtship may be continued for an infinite period. Let the wife be preserved by the husband a beautiful mystery in part,—let the natural veil of modesty which shrouds every pure woman be never ruthlessly torn apart, or her sense of propriety be blunted by coarse or indelicate remarks, and the charm of her being will never pall upon the senses, but, on the contrary, be, as Shelley has it, “A joy forever.”

It is too frequently the case that a young husband fancies the nuptial ceremony gives him the fullest power over the person of his wife, and that consequently the precise character of the intercourse between them, now that they are married, is not a matter of much moment; but a more grievous misapprehension could scarcely obtain in any relation, for a wife's sensi-

# OLD AGE.

## CARE, DISEASES AND TREATMENT.

Threescore years and ten is now the general term of human existence, whatever it might have been in the times of Biblical history. With women the fifty-third, and with men the sixtieth year, may generally be considered the age at which they respectively begin to exhibit signs of infirmity and decrepitude. Diseases incidental to this stage of life then come into play, and their effect upon the habit and constitution are soon manifest. Especially do such hereditary diseases as gout, gravel, rheumatism, apoplexy, and paralysis, arise, to make a wreck of the constitution; and cancer, more particularly in women, commits its ravages, eating into the springs and sources of life, and destroying its victims with deadly certainty. Now it is that any excesses committed in the earlier periods of life, and habitual infringements of the laws of health, are found to have told upon the constitution, although this was not apparent in the full vigor of manhood. Now it is that we find impaired powers of respiration, and of secretion, and of digestion, rendering it necessary to be careful in the air we breathe, the exercise we take, and the food we eat. The latter should be light and nutritious, taken in small quantities, and at short intervals; if meat, and the teeth are defective, it should be minced before cooking, or cut up small afterwards.

There can be no doubt but that the more simply and naturally people live, the longer will be their stay in this world; and although contentment of mind, healthy occupation, and a salubrious residence are great essentials to longevity, the want of these advantages is greatly aggravated by intemperate living and a thoughtless disregard of the precautions necessary in every position in life.

Poverty is a great disturber of repose, and painful indeed is it where embarrassments beset the "old man," but the very idea of it should cause us to be thrifty while young. There is no other remedy, if we cannot help ourselves and have no friends to assist, than to bear up with all the philosophy we

## FOOD FOR INFANTS.

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### Starchy Food.

Arrowroot, sago, corn-starch, etc., are generally held to be healthy and nutritious for infants, yet every physician can furnish numerous instances of feeble and sickly children who have been fed on such food. The digestive organs of the infant are not sufficiently strong to convert this starchy substance into nourishment. It clogs and impedes the action of the whole system, while the little helpless victim is gradually being starved.

### English "Pap."

English and French infants, when fed by hand, are almost entirely fed on "pap," made as follows :

Pour boiling water on a small piece of light white bread, cover and let it stand for a moment, then pour off the water. The softened bread is then put into a stewpan and a little more water added and allowed to come to a boil, then add a lump white sugar and a little milk. This is excellent food where the mother can only partially nurse the child.

### Cow's Milk.

An exclusive diet of cow's milk is too rich for the stomach of young children. Good cow's milk may be diluted by one-half or one-third of boiling water and sweeten slightly with white sugar. Use only one cow's milk.

A thin, strained gruel of the best prepared barley, with a little milk and sugar added, makes an excellent change from a milk diet.

Care should be exercised not to make the food of infants too sweet, it causes thirst and disorders the stomach.

### Infant's Broth.

When a baby has passed his third month, a little chicken or mutton broth is not objectionable ; to prepare, cut up finely a pound of lean mutton, put into a small jar, cover with cold water, then set the jar into warm water and bring to a boil ; let it simmer about six hours, strain and add a little salt, no spices.

Treat part of a chicken the same way for chicken broth.

### Baby Pudding.

Grate a little stale bread, pour on boiling water until it becomes a pulp, stir in the yolk of an egg and grain of salt. This quantity should fill a teacup, in which boil it fifteen minutes.

## Food for the Sick-Room.

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Good cooking and good nursing are of paramount importance in the invalid's chamber. The improvement of the patient depends, almost if not more in some cases, upon careful nursing and properly prepared food, as upon the skillful physician.

The sick-chamber should be kept carefully ventilated, thoroughly cleansed of all foulness, and the room made as cheerful as possible.

Food is medicine, but, like drugs from the apothecary shop, it fails in its mission when improperly prepared, and often the best prepared food is spoiled by want of care and punctuality in serving.

### Indian or Oat Meal Gruel.

This simple refreshment is invaluable in sickness, and is made with little trouble and less expense, yet it is very seldom prepared exactly right.

One tablespoonful of fine Indian or oat meal, mixed smooth with cold water and a little salt ; pour upon this a pint of boiling water, and turn into a sauce-pan to boil gently for half an hour ; thin it with boiling water if it thickens too much, and stir frequently ; when it is done a tablespoonful of cream or a little new milk may be put in to cool it after straining, but if the patient's stomach is weak, it is best without either. Some persons like it sweetened and a little nutmeg added, but to many it is more palatable plain.

### Arrow Root Gruel.

Add a teaspoonful of arrow root to half a pint of boiling water ; mix well, add half a pint of milk and boil together for two or three minutes ; sweeten to the taste. A little lemon juice or wine may be added.

### Wheat Balls.

Tie half a pint of wheat flour in thick cotton, and boil it three or four hours ; then dry the lump, and grate it when you use it. Prepare a gruel of it by making a thin paste, and pouring into boiling milk and water, and flavor with salt. This is good for teething children.

# DANGEROUS DISEASES

## CLASSIFIED AND GROUPED ACCORDING TO SYMPTOMS

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In giving the symptoms of the following diseases we have not given all the symptoms in the various stages, but only the more prominent ones occurring at the commencement.

### ERUPTIVE DISEASES.

**Nettle Rash.**—This eruption consists of elevated spots on the surface of the skin, attended with violent burning, or tingling and itching. It sometimes appears in the form of large blotches.

**Erysipelas.**—The attack is preceded by symptoms of fever, as headache, shivering, etc., followed by hot skin, quick pulse, pains in back and limbs. The seat of inflammation soon begins to swell, and becomes red or purplish, with severe tingling, burning sensation.

**Measles.**—The symptoms at first are similar to catarrh or cold in the head, such as chilliness, running of the nose, eyes red and watery, sneezing, pain and soreness in the throat and chest, fever and thirst. The eruption generally appears on the fourth day, and looks like flea bites. The skin feels rough when the hand is passed over it.

**Scarlet Rash.**—The eruption is preceded by chilliness, heat, restlessness, dryness of the skin. The rash appears on the third or fourth day. The difference between Scarlet Fever and Scarlet Rash is given under the former disease.

**Scarlet Fever.**—At the commencement there is more or less fever, with shivering, lassitude, headache. The person will complain of soreness of the throat, and on examination it will be found red and shining. The rash makes its appearance in two days, first on the face and neck; the redness disappears on making pressure with the finger. The difference between Scarlet Fever and Measles is given under the latter disease.

**Chicken Pox.**—Sometimes at first there will be symptoms of fever; this however is not always the case. The eruption appears in an irregular manner, differing in this from small pox, which appears first on the face.

**Small Pox.**—This disease is generally preceded by a fever lasting three or four days. In the first stage the severe pains in the head and back are characteristic. The eruption appears about the third day, in the form of small bright red specks, and first on the face.

### FEVERS.

**Typhoid Fever.**—This fever generally comes on gradually. The patient may complain for a long time of weariness, and general uneasiness. These symptoms having continued for several days or weeks, the patient will be seized with a chill, followed by the ordinary symptoms of fever. There will be pain in the bowels which is increased by pressure over the right side.

**Inflammation of the Brain.**—Generally comes on gradually, but sometimes suddenly. When gradually, the patient complains for some time of uneasiness, wakefulness, dizziness, poor appetite, noises in the head, ringing in the ears, frightful dreams, nausea, vomiting, etc. As the disease progresses, he has more or less headache, sometimes exceedingly severe, and violent fever.

# TOILET REMEDIES.

SIMPLE, EFFICIENT, AND HEALTHFUL.

**Dandruff** (*to remove, and to cleanse the scalp thoroughly*).—Take as much boracic acid as you can dissolve in a half pint of soft water. Apply three times a day.

**Hair Oil** (*very fine*).—Castor oil, cologne and alcohol, each four ounces; oil lemon grass, one-half dram; oil bergamot, ten drops.

**Shampoo** (*excellent to cleanse the hair and scalp*).—Salts of tartar, powdered borax, aqua ammonia, each one-half ounce; rain water, one pint.

**Tooth Powder** (*excellent*).—Powdered borax, one-half ounce; powdered chalk, three ounces; add a few drops oil of wintergreen. In using a tooth powder some prefer to touch the brush to toilet soap then dip into powder.

**Chapped and Rough Hands.**—Wash the hands in vinegar with a handful of oatmeal added, then apply a dressing made of glycerine and rose water, equal parts.

**Hair Curling Liquid.**—Salt of tartar (carbonate of potassa), one-quarter ounce; aqua ammonia and cologne, each one dram. Shake daily for a week, then strain. Directions: Moisten the hair and adjust loosely; as it dries it shows its tendency to curl.

**Complexion Powder** (*excellent and harmless*).—Prepared chalk, one ounce; cologne and alcohol, each two and one-half ounces; distilled water, one and one-half ounce; glycerine, one-half ounce; extract of heliotrope, one dram. Dissolve chalk in the alcohol, then mix all together. Directions: Shake well before using, apply with sponge or soft cloth, when dry remove chalk to suit complexion.

**Gray Hair, to Darken** (*not injurious*).—Glycerine and rose water, each one ounce. Work well into the roots of the hair at each morning's dressing.

# SCIENTIFIC NAMES AND DOCTORS' PHRASES EXPLAINED.

## MEDICAL DICTIONARY.

- Ab-do'-men.** The belly, or the lower part of the body below the diaphragm.
- Ab-lu'-tion.** Cleansing by water; washing of the body externally.
- Ab-nor'-mal.** Unnatural; not according to rule; irregular.
- A-bor'-tion.** Birth of a child before the proper time.
- A-bra'-sion.** A superficial wound produced by rubbing off of the skin.
- Ab-sorb'-ent.** Glands and vessels which absorb or suck up substances from within or without; also medicines which absorb, or combine with acid matter in the stomach or bowels.
- Ac-coach-eur' (ak-koosh-ur').** A man who attends women in child-birth.
- Ac-e-tab'-u-lum.** The socket that receives the head of the thigh bone.
- A-cho'-li-a.** Deficiency of bile.
- A-cid.** Acrid; sour, sharp, pungent, bitter or biting to the taste.
- Ac'-tual Cau-ter-y.** Burning or searing with a hot iron; used in surgery.
- Ac-u-punc'-ture (ak-u-punk'-ture).** Pricking with needles; one of the operations of surgery.
- A-cute'.** Diseases of short duration, attended with violent symptoms; the reverse of chronic.
- Ad-he'-sive.** Tenacious, sticky; apt or tending to adhere.
- Ad-he'-sive Plas-ter.** Sticking plaster.
- Ad'i-pose.** Matter, membrane or tissue; fat.
- Ad'-ju-vant.** A substance added to a prescription to aid the operation of the principal ingredient.
- A-dult' Age.** A person grown to full size or strength; manhood or womanhood.

## HOW TO DETECT SUDDEN AND SERIOUS MALADIES.

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### THE CLINICAL THERMOMETER.

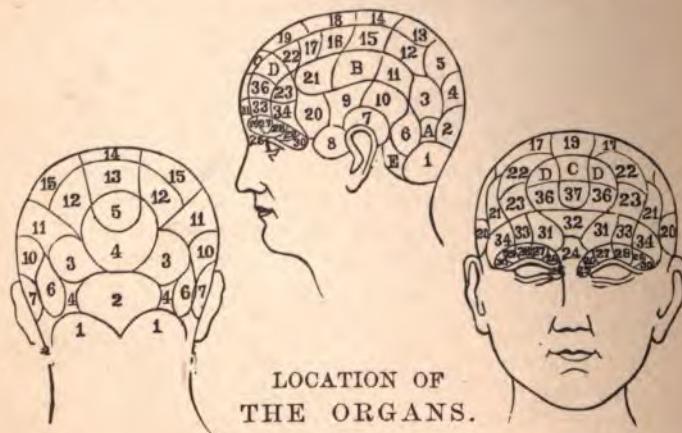
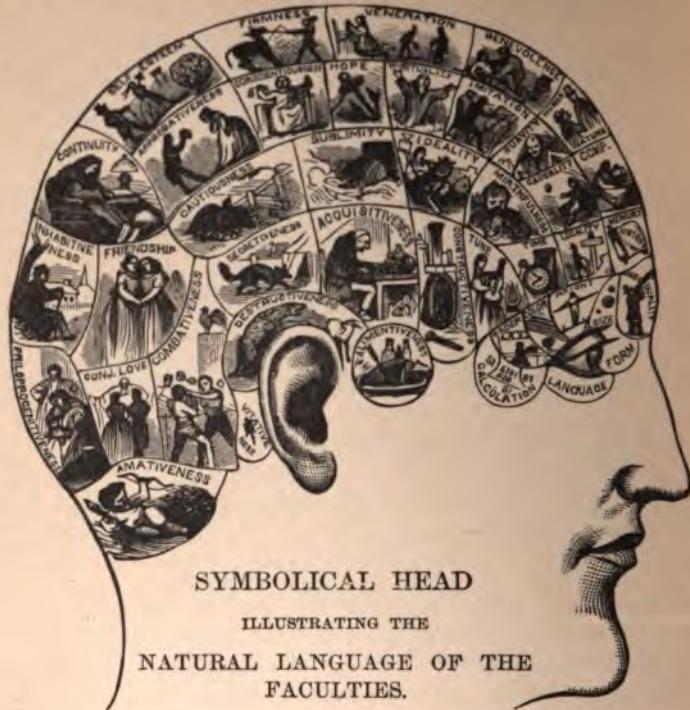
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The value of the information afforded by this little, simple structure cannot be over-estimated as a guide to the detection and treatment of disease.

*Every mother* ought to possess one of these thermometers, and be able to take the temperature of her children. *A single observation* will often reveal the true nature of a sudden or temporary indisposition. It will indicate the existence of many maladies in their earliest stages, and point out the necessity for prompt treatment.

The clinical thermometer has done more than anything to render accurate knowledge of the nature of disease, and to advance the art of treatment. It is in daily use in every hospital in this country, and ranks in importance with the stethoscope (*heart or lung tester*). The physician without his thermometer is like a mariner without his compass. In fact, one of these instruments should be in every family, or, at least, within the *immediate* neighborhood. The actual work of taking the temperature is simple and easily performed, and in many cases it is necessary to take the temperature six times in twenty-four hours; a careful record of the same being kept, will often greatly facilitate the efforts of the doctor in promoting a speedy recovery. A sudden rise or fall of the temperature of the patient foreshadows peril, several hours in advance, (as the barometer does the storm) the doctor may be summoned and enabled to ward off a deadly exacerbation or collapse.

# PHRENOLOGY ILLUSTRATED.



NAMES AND NUMBERS OF THE ORGANS.

## TEMPERAMENTS AND CONSTITUTION.

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Professor Agassiz's theory of the essential diversity of the human races is much disputed, and against this doctrine it is ably urged that men who compose the different races present a complete analogy in the accomplishment of the different actions of organic and social life, a singular unanimity existing respecting the principal laws of the animal economy, and the mode of performing the physiological functions. For example, the average duration of life is about the same in all the different races of man. This longevity varies only in consequence of external causes which bring about accidental and premature deaths, or as a result of influences which deteriorate the health and alter the organization, affecting thus more commonly all races in a particular climate. Again, the bodily temperature and the frequency of the pulse are about the same in all the various human races, and so are the establishment of puberty, and the advent of the critical period of change of life in females, of all races exposed to the same climatic influences.

Some observations of the author of this paper upon representatives of fourteen different nationalities, gathered in Philadelphia at the Centennial Exhibition, demonstrated the curious fact that the red blood corpuscles, so abundant in the vital fluid drawn from the veins of men of these different races, were almost exactly alike in size, and contributed an additional item of scientific evidence that "the Lord created of one blood all the nations of the earth."

The hygienic advantages enjoyed by any long established race in any particular country are very important contributors to health, and should not be lightly thrown away by removal to distant situations, where corresponding disadvantages will probably have to be encountered. The indigenous inhabitants of a country are physically constituted in such a way as to be best adapted to that country, for the simple reason that, in a long course of years, families, the members of which are not so conformed to the requirements of the climate, temperature, soil, and so forth, will die out. Thus, individuals whose ancestors have for many generations resided in a particular region are

KEELEY CURE.  
THE  
BICHLORIDE OF GOLD TREATMENT.

BY CHAUNCEY F. CHAPMAN, M.D., PH.G.

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Within a comparatively short period of time a new prophet has appeared among us, differing from the scriptural injunction in that he is without honor except in his country, and the daily press has teemed with fulsome adulation of the philanthropic gentleman who giving homeopathic doses of a hypothetical compound of gold to his fatuously deluded patients, extracts from them filthy lucre in allopathic masses.

Even from the pulpit has praise been declared, and ministers of the gospel have announced this new dispensation, a regeneration neither of the spirit nor of water, but of gold, and yet not of honest gold, but an illegitimate vanity, for I need not tell you that chemically speaking gold has the following quantivalence, to wit: One and three, and therefore while we can have a gold mono- and tri-chloride, a bichloride is an impossibility.

On every hand men have been pointed out to us as having been plucked from the burning, and attention has been called to families whose hearthstones have been saved from ruin, by the angel of the auriferous shrine at Dwight. On the other hand on account of this cure being a secret nostrum the regular medical profession has refused to recognize it, and on account of the questionable advertising methods resorted to by its high priests and followers many of the laity have condemned it. Thus on

the one hand it has been declared miraculous and infallible, while on the other hand it has been treated either with silent contempt or with open condemnation. Being determined to find out something definite about the matter, I obtained a position as physician to a gold cure sanitarium at a distance from Chicago, and have carefully studied the cure. As I have had personal experience in treating about 300 cases, both in and out of the aforesaid sanitarium, I feel that I am prepared to give you the formulary of the gold treatment, which is almost if not quite the same in all of these institutes, as follows:—

No. 1. Tonic. Known in the institutes as the "dope."

R	Aurii et Sodii chlorid.....	gr. xii.
	Strychniae nitr .....	gr. i.
	Atropiae sulp.....	gr. $\frac{1}{4}$
	Ammonii muriat .....	gr. vi.
	Aloin.....	gr. i.
	Hydrastin.....	gr. ii.
	Glycerini.....	$\frac{5}{3}$ i.
	Ext. fld. Cinchon. comp.....	$\frac{5}{3}$ iii.
	Ext. fld. Coca. Erythrox.....	$\frac{5}{3}$ i.
	Aquaæ dest.....	$\frac{5}{3}$ i.

M. S. 1 dram at 7, 9, 11, A.M., at 1, 3, 5, 7, 9, P.M.

No. 2. The injection known in the institutes as the "shot."

R	Strychniae nitr.....	gr. 9 1-10
	Aquaæ destill. ad.....	oz. 4
	Potass. permangan. q. s. to color.	

Misce: Sig. Begin with gtt. 5, which equals gr. 1-40, and increase one drop each injection until the physiological effect is produced. Four hypodermic injections to be given daily, beginning at 8 A.M., then at 12 M., 4 P.M. and 8 P.M.

No. 3. Used with No. 2.

R	Aurii et Sodii chlorid.....	gr. $2\frac{1}{2}$
	Aquaæ destill.....	ad oz. 1

Misce: Sig. gtt. 3, every four hours, in combination with the strychnine solution, for the first four days.

This last prescription is used only for the moral effect, which is produced in the following manner: Five drops of the strychnine solution are drawn into the syringe, and then three drops of the gold solution are drawn in and mixed. This produces a golden yellow color, to which attention is called, and the patient is farther assured as to the reality of the presence of the gold by the stain left on the skin after the hypodermic needle has been removed.

# PRESCRIPTION REGISTER.

## EXPLANATION.

The design of this Register is to record prescriptions and remedies that have been proved valuable, which would otherwise be irreparably lost, or necessitate the expense of a duplicate. A proper entry, in each case, will give the disease it is intended to relieve, the date when the Physician was called, or when the medicine was used; by whom prescribed; the required dose; the Druggist compounding it, and the prescription number. Their preservation for future use will be found not only a convenience, but will often prove "a friend in need," making this an invaluable feature of the work. See annexed blank filled out.

THE PUBLISHERS.

June 4, 189

Dr. .... Geo. S. Stebbins.

Remedy for Neuralgia.

Rx

Menthol, - - - 3 drs.

Oil of Wintergreen, 1 "

Oil of Peppermint, 1 "

Alcohol, - - - 3 "

Dose, Apply externally.

How often, Frequently.

Webster, Druggist. No. 14906

REMARKS:

.....189  
Dr.....  
Remedy for.....  
Rx  
.....  
.....  
.....  
Dose,  
How often,  
..... Druggist. No.....  
REMARKS:

.....189  
Dr.....  
Remedy for.....  
Rx  
.....  
.....  
.....  
Dose,  
How often,  
..... Druggist. No.....  
REMARKS

**HOUSEHOLD MEMORANDA**  
FOR MISCELLANEOUS RECIPES AND VALUABLE INFORMATION.

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Pastor First Pres. church.

Anacortes June 7 1903

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tach the treatment & symptoms from both  
Allopathic & homoeopathic standpoints, as one  
would be of a loss for a remedy in an emergency.

E. B. Cattermole  
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	Cracowka	
Mrs. Coyne	B	1205 $\Sigma$ 484
" Conroy	B	1011 $\Sigma$ 584
Murphy	C	26 Halmosabin
Mr. Sanger		Foundryhouse
		-
W. M. Rogers	B	616 W. Park
T. Murphy	A	911 $\frac{1}{2}$ $\Sigma$ 484
M. Monahan	C	
T. Davis	B	215 W. Park
		001

J.F. Regan	a
M.A. Duvall	c
A. Bussean	c
P. Smith	b
J. Raby	a
J.J. Brennan	b
G. a. Stretton	a
F.W. Verner	a
F. Ned Miller	c
H. Norton	c
J. F. Fahey	b

805 - W Park	
201 older	
107 chestnut	
113 cedar	
Fst. Deptt	
1214 ε 5' st	
1205 ε & st	
6092 ✓ st	
805 ε 4' st	
208 ε 4' st	
608 9' st	

Thomas Carroll	C	Litho Works
Mrs. Shady	C	Connell
D. Leibneuf	A	Wor. J. & Shaws (wood of 3) <sup>320</sup>
J. Z. Cossens	C	Carroll
H. O. Bohm	C	Wauwspings
Mrs. Griswold	C	Race Track
J. S. Winkler	A	Race Track
Frank Hobart	A	"

B  
B  
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Worthing  
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came out. I have had great service in the  
lone. It is a good gun. For shooting close  
at home however, but outside, this the best  
all because I can see it.  
Not recommended

J.F. Regan A  
M.A. Devil C  
A. Brewster C  
P. Smith B  
J. Naby A  
J. Brennan B  
J. J. Stratton A  
Geo. Vassian A  
Fred Miller C  
H. Rankin C  
T. Savoia B

\$15 W Park  
201 older  
107 check  
113 cedar  
F.M. Dept  
1217 2 5 ft  
1205 2 4 ft  
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Thomas Connell	C		Little Mountain	
Mrs. Sidney C	C		Connell	
Dr. Lebole J	A		Montgomery 3rd	
J. E. Cosens	C		Connell	
J. O. Bohm	C	rd	Wom Springs	
Mrs. Jonathan	C	A	Race Track	
J. E. Langford		"	Race Track	"
J. W. Hobson		"		"

J. W. Hennalt  
J. F. Fischer

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Worthing  
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Bonner, mont, July 23/00  
The work "the cottage physician" is  
the best book I've ever seen, because  
it is practical & not theoretical like  
other dr. books.

Mrs. H. W. Beagles.

Three students of the Leland Stanford University of California are in the city soliciting orders for a medical work, the sale of which will enable them to complete their course at the university. The gentlemen come highly recommended by relatives of undergraduate students in Montana.

Battle June 8<sup>00</sup>

Far superior to any of the so called Doctor Books.

H. J. Soebinger M.D.

Albion June 10 1900.

Quite complete as to directions + carefully compiled.  
Wm Riddell M.D.

It is well classified complete, concise, & correct. I endorse it.  
Albion June 20, 00  
John Hollings M.D.

I have carefully examined this book "The Cottage Physician" and think it a useful book. Used with care it will be a great help in the family.

Geo. Stewart

Epis. Doctor

Missouri July 11 1888  
I have examined "The Cottage Physician" and do not recommend the same as a useful book for use in the family.

J. McAllister

Pastor W. Church

John Baker	B T	215	S. R.R. Ave.
Nash	B T	233	" "
W. W. Mungo	B T	218	S. Spruce St.
J. Hammond	C	A noon	"
J. R. Kim	B D	430	A. 6th St.
"	B D	702	" "
John Jones	B D	714	" "
W. Clark	B D	"	"
W. Clark	C D	122	W. 4th St.

L. V. Knapp	A	D	5th & Wisconsin
C. G. Dillon	C	D	Madison St.
Mrs. Remick	S	"	"
Miss West	A	D	307 W 5th
J. Brown	Knowles	B	1 mississippi
John Larson	B	"	N. 2d & 6th
E. E. Johnson	A	D	214 S. 5th St
Mrs. Christofferson	A	T	326 N 2d St
Mrs. Elmer J. Carter	A	P	305 S 5th St.
Mrs. J. R. Daily	A	D	410 S. 6th
Geo. F. Banks	B	"	N 2d St

Chesapeake

A	B	T	2
A	C	3.50	D
A	C	A	T
A	D	A	D
W. D. Marville	W. D. Marville	A	D

108 N 2nd St.  
334 Madison St.  
Home on 4th & Main  
218 N 2nd St.  
128 N 2nd St.  
323 2. man  
506 A. #1  
510 S 6th St.

W. Saunders	B	T
John H. Freddie	A	T
John H. Johnson	A	T
Stevens	C	T
E.P. George	B	T
Norman Fong	A	T
Frank Steiner	B	T
D. a. Rocke	A	T
J. Theriault	C	T
H. Beacon	A	D
V. Young	B	D

W. Opera & main st		
125 Monroe St		
211 S front St		
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B. wattson  
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Mrs. D. M. C.  
B. M. C.  
J. W. C.  
H. L. D. C.  
H. A. D. C.  
L. C. D. C.  
C. C. C.  
Mrs. Rosey Glasser  
Mrs. C. Glasser  
P. U. March

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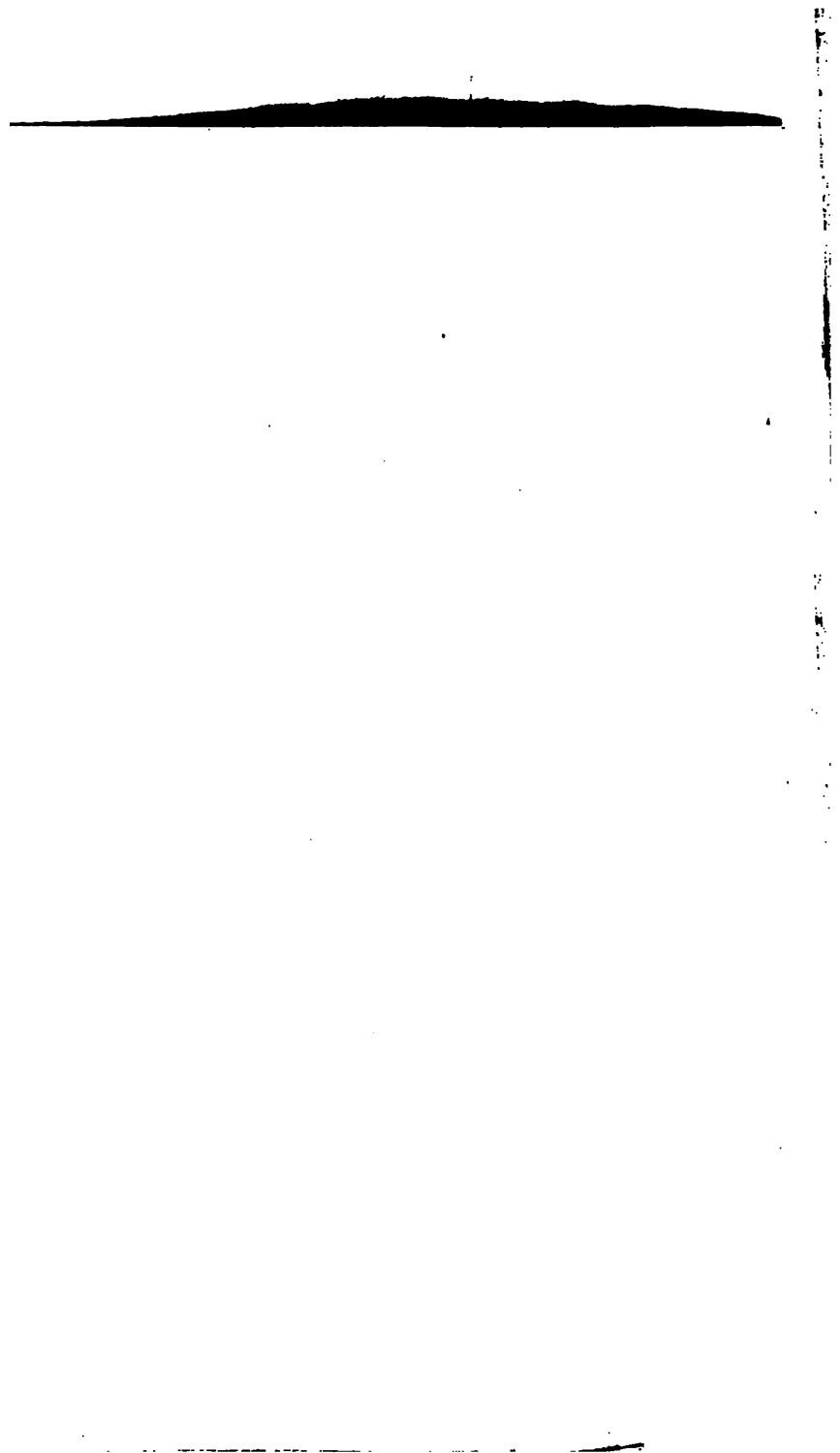
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~~Mr. B. Watterson~~

~~Mr. B. Brewster~~

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5. Franklin

M. J. Brenton

B. M. McKinney

J. W. Harrison

J. A. Pomeroy

C. G. Hamilton

J. C. Longstreet

Mrs. Rosey Glass

Mrs. C. E. Gilliland

" Womack

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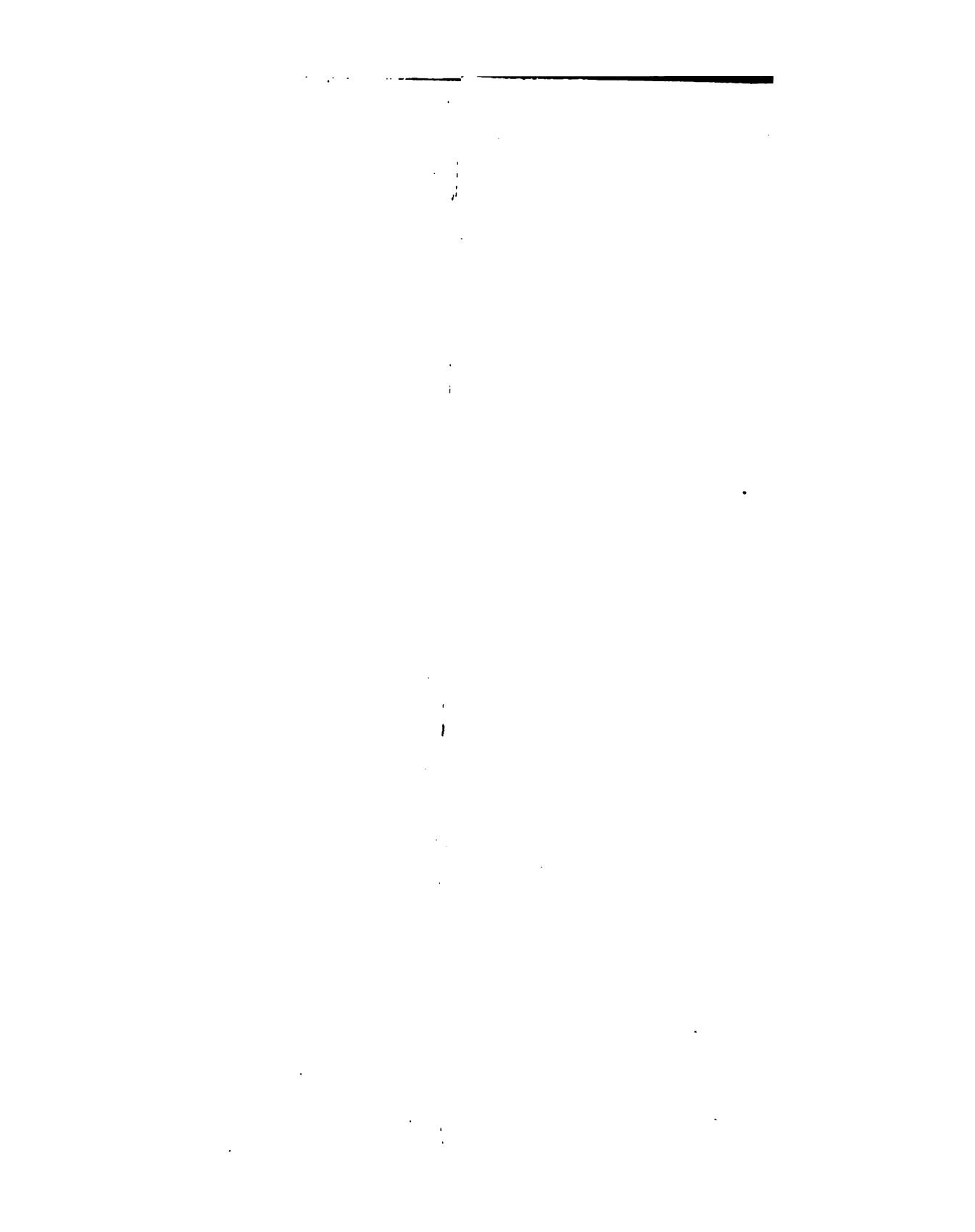
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Aug 18 - 1900

Spending time in what I have  
seen village physician, and  
do of treatment especially  
of young children. I  
have now seen  
of occurrence and success.

Mrs. M. G. Harris

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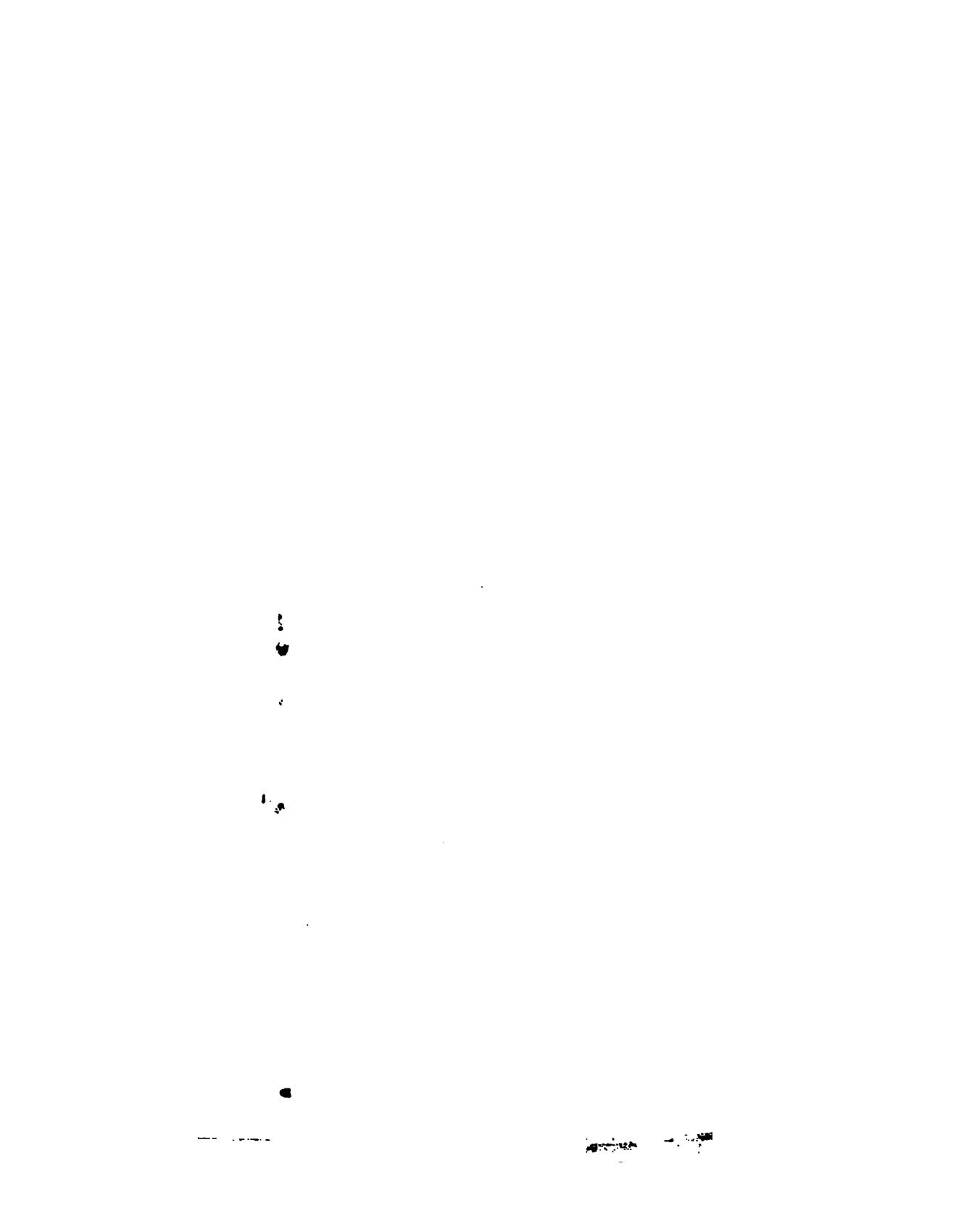
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the main reason for the rapid increase in the number of  
inhabitants is the great increase in the number of foreign  
settlers, who have come here from the United States,  
and have brought with them their families.  
The foreign settlers are mostly Americans, and  
they are the chief cause of the rapid increase in population.

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NAME

R. Wheat

DATE DUE

APR 2 1969

10M-12-55-81831

the first part of the  
first sentence is  
written in a different  
handwriting than the  
rest of the sentence.

It is written in  
a cursive hand.

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